

Gandhi Memorial College Of Education Bantalab Jammu

SANGARMAL



VOL. VI (2006-2007)

**GANDHI MEMORIAL COLLEGE OF EDUCATION
RAIPUR, JAMMU**

(A UNIT OF HINDU EDUCATION SOCIETY KASHMIR)

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Constituent college of
THE UNIVERSITY OF KASHMIR



Acknowledgment

I am personally thankful to Advisory Board of Hindu Education Society, Kashmir for providing the valuable advice from time to time for bringing out VI issue of annual college magazine "Sangarmal".

I am highly obliged to Prof. Abdul Wahid, Vice Chancellor, Prof. N.A. Shah, Dean College Development Council, Prof. Nissar Ali former, Dean College Development Council, University of Kashmir for inspirational messages.

I owe gratitude to Sh. R.D. Tiwari Chairman J&K State Pollution Control Board for providing us a very informative message on the theme "environment".

My thanks to all those who have contributed to this issue of the magazine.

Special thanks to the students for making it possible to write valuable content on the theme.

Principal





*Tam Padmanporichi Lale
Yaim amriat chov galigale
Tam Shiv vuchh talithale
Tithui var ditimyati divo.*

Nund-Rishi

Transliteration :

*Deep drunk she was in divine drink,
she was all consciousness of cosmic light
O God! feed me on the drink
you offered to Lala of Padmanpura.*

*Goran dopnam akuy wachhun
nabri dopnam aandar aachhun
sui lali goun vakh tai vachhun
tavay hyotum nagay nachhun*

Lala Ded

Transliteration :

*My "Guru" enkindled the light in me,
till then the world was dear to me,
He prevailed to shun the allurements all,
I caught him who taught me all:
Illuminated I was!
Transformed I was!
while on this path I once heard:.*



Life is like a ten-speed bicycle. Most of us have gears we never use.

Success and happiness go hand in hand. Success is getting what you want and happiness is wanting what you get!

The quality of a person's life is in direct proportion to his commitment to excellence, regardless of his chosen field of endeavor.

Everyone has a will to win but very few have the will to prepare to win.

Our thoughts lead to actions, actions lead to habits, and habits form character, character leads to destiny.

*Purpose + Principle + Planning + Practice + Perseverance + Patience + Pride
= Preparation
& Preparation leads to confidence*

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LUCK

*He worked by day And toiled by night.
He gave up play
And some delight.
Dry books he read,
New things to learn.
And forged ahead,
Success to earn. He plodded on with
Faith and pluck; And when he won, Men called it luck.*

*You cannot bring about prosperity by discouraging thrift.
You cannot strengthen the weak by weakening the strong.
You cannot enrich the poor by impoverishing the rich.
You cannot establish sound security on borrowed money.
You cannot help the wage earner by pulling down the wage payor.
You cannot build character and courage by taking away man's
initiative and independence.
You cannot further the brotherhood of man by inciting class hatred.
You cannot keep out of trouble by spending more than you earn.
You cannot help men permanently by doing for them what
they could and should do for themselves.*

Abraham Lincoln



Messages

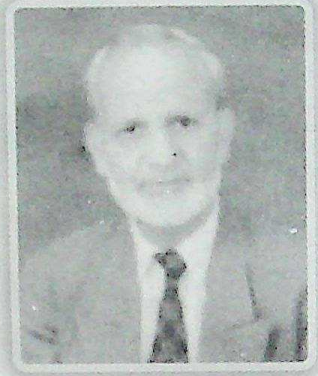


Message

The University Of Kashmir, Srinagar

NAAC Accredited Grade 'A'

Office of the Vice-Chancellor University of Kashmir



I am glad to know that Gandhi Memorial College of Education of our University, which is presently located at Jammu, is shortly bringing out another issue of its College Magazine SANGARMAL.

As we know, publishing magazines and journals is one of the genuine functions of institutions of higher learning. These provide a useful forum to students and the young faculty to express their views on matter of concern and interest to them.

This helps a lot in their personality development. On this occasion, I extend my best wishes to the management, staff and the students of the College.

A handwritten signature in dark ink, appearing to read 'Abdul Wahid'. The signature is fluid and stylized, with a long horizontal stroke extending to the right.

**(Prof. Abdul Wahid)
Vice - Chancellor**

Message

The University Of Kashmir, Srinagar
NAAC Accredited Grade 'A'
Office of the Dean College Development Council



It gives me pleasure to felicitate the managing committee, principal, staff and students of the G M College of Education for bringing out the College magazine SANGARMAL for the year 2007.

Teaching of education has assumed a position of challenge as there are so many institutions in the field and I hope G M College will prove its mettle and will contribute in a befitting way to meet the expectations.

Such publications evince clues towards interest of the staff and students in the prevailing educational atmosphere of the college. In this endeavour of students and staff both deserve my praise and prayers. I hope the spirit of expression of thought and spreading of knowledge will be carried forward in all circumstances with due improvements and innovations in future.

With love and regards

A handwritten signature in dark ink, appearing to be 'N. A. Shah', with the date '25/4/17' written below it.

Prof. N. A. Shah
Dean College Development Council

The University Of Kashmir, Srinagar
NAAC Accredited Grade 'A'
Office of the Dean College Development Council (Former)



In an era of enormous an apparent change that is most prominently driven by technology and globalization ,we often forget that change is about people-their ideas , their fears and about the capacity to imagine and work together for a different featured redress the inequalities , the government has embarked on an urgent program, me of restructuring its education system on principles of equity, democracy and sustainable development .And yet , our education system faces major challenges. this is especially true in terms of the tension between implementing change that needs both time and considerable resources to work their way through, and immediacy of issues that need to be addressed at the sights of implementation, i.e. in the Colleges/ Universities and particularly, in the lives of human personnel :training of teachers for our educational institutions .

Against this backdrop, Gandhi Memorial College is one of the pioneering institution with its mission and goal to disseminate education, particularly in the catchments of under-previlaged sections of society. Over the several decades, the College has demonstrated its commitment and diversified its role to impart education in professional disciplines and conventional subjects.

It is the first institution to initiate B.Ed. programme in private sector more than two decades back. the recent building of physical infrastructure , human capital and support systems for teaching -learning process in its Jammu wing is commendable. I am pleased to place on record my appreciation for the management, faculty and supporting staff for their dedication, commitment and zeal with which they have taken the College to the zenith of glorious achievements.

(Prof. Nisar Ali)
Former Dean, College Development Council

Message

From the chairman's Desk.



Protection of Enviroment is the concern of the people all around the globe. Studies and surveys have shown that there is an increasing trend of enviromental pollution ,with the result that the enviromental problems are assuming dangerous proportions. Polluted atmosphere is a great obstacle in our collective development .Enviromental pollution is on an increase due to population increase ,industrialization,urbanisation and change in land use patterns. Our land and air have been contaminated with toxic pollutants and our water systems are seriously threatened.

Jammu and Kashmir has seen an increse in industries ,in the recent past, resulting in generation of waste and emmisions. Water pollution is also a major cause of concern as most of the water bodies have shrunk and their waters are polluted. In the present scenario, Industrial Development and Enviromental protection have to function simultaneously but at the same time an ecological balance has to be maintained.

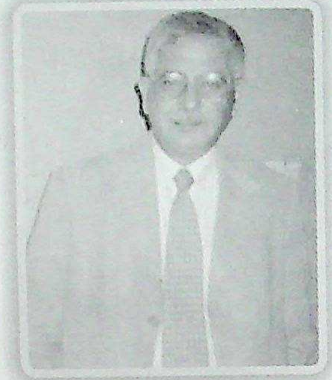
J&K state Pollution Control Board is governed under Water (Prevention and Control of Pollution) Act 1974 and Air(Prevantion and Control of Pollution) Act 1981. The Board's mandate besides other functions is to identify the polluting sources and to ensure compliance to standards by them. It has also to Implement various rules such as Hazardous Waste (Management & Handling) Rules, 1989. as amended to date, Batteries (Management & Handling)

I wish all the best to Gandhi Memorial College of Education , Bantalab , Jammu ,Who have sincerely worked towards bringing out this Annual Magazine on a pivotal issue like Enviroment. Rules ,2001 , and others, under the Enviromental protection Act (1986) . The Board has also to advise the State Government on any matter Concerning prevention , control and abatement of pollution.

Chairman (R.D. T. Singh)
J&K State Pollution Control Board
Jammu & Kashmir

Message

From the Desk of President (HESK)



I am glad that Gandhi Memorial college of Education, Raipur, Bantalab Jammu a unit of Hindu Education Society, Kashmir continues with the tradition of bringing out a theme based magazine, current issue's theme being need for environment protection which has essentially to be on the top of world agenda. Being environment - conscious and economically fair are the buzz-words of the day. The fact however, remain that there is still need for creating awareness about the absolute requirement of environmental protection. Awareness apart, the various measures for enforcing control on degenerating environment have to be given a strong legal backing and strengthening connected law enforcing agencies to deal with the problem with an iron hand. It has also to be noted that time has come to become aware of the justifiable use of natural resources in every area, namely in the transport, food, clothing, water resources, forests, energy etc Exercise of strict pollution control in productive activities has also become absolutely necessary rather in escapable.

It is my sincere feeling that the educational institutions have to play a major role in reaching the above objectives. After all teachers and the students are architects of well being of the humanity.

A.K Dewani

Message

From the Desk of Secretary (HESK)



Environment respects no borders, holds no barriers and does not have horizons, not surprising, environmental degradation and preservation have emerged as major issues in globalisation studies. Natural disasters of increasing ferocity, spread of diseases, forest fires, destruction of our ecosystems are a matter of grave concern and a way has to be found to combat such catastrophe.

The accelerated economic development brought by globalisation has produced negative environment impacts. Global warming is caused by increased industrial pollution, privatization of public resources such as water, cleaning of land or marshes to make way for farmers trying to eke out more profits or for multinational companies looking to build new factor.

However the publication of this years Magazine on the theme "Environment", will stimulate awareness on environment among readers and help in saving our ecosystems and endangered species.

I take the opportunity to congratulate the staff and students of Gandhi Memorial College of Education (Jammu) for bringing out the sixth issue of its college Magazine "SANGARMAL".

Now lets get together to save our Planet from environmental pollution which has become a global phenomenon. We must keep in mind 'one Earth one Family'.

A stylized, handwritten signature in black ink, appearing to read 'Anil Dhar'.

Sh. Anil Dhar

Message

From the desk of Member Education (HESK)



Survival of human race is dependent on preservation of ecosystem, thus a great need to promote environmental awareness particularly youth and women.

Concern for environment is a matter very recently realised by humanity. We all wish to live in an environment free from any kind of contamination. But very few of us are aware and concerned about the environment.

Man plays an important role in shaping his environment but at the same time has been responsible for degrading the quality of his environment. Ever since he appeared on this earth. Thus more population means more of degradation of environment. Man's God given gift of understanding, acquiring knowledge and using it for research can protect the degradation of environment thus can make him more civilized.

It is here that the role of institutions churning out thousands of students comes in. If the young ones are educated about the environmental degradation problem and taught to ponder over it, the institutions will bring out conscious men and women for protection of environment thus enrich their own life and the life of the society. This being a teacher training institute, so the responsibility of imparting the education, of course in extra curricular activities.

Thus the publication of this year's Magazine on the theme "Environment". I take this opportunity to congratulate the students and the faculty members who deliberated on the subject over a period of time, had seminars and discussions conducted on the theme during their extra curricular activities time and put an effort to write the articles for the Magazine and give it shape.

I am sure that for young students after leaving the portals of the institution will spread their knowledge in the same manner where ever destiny will take them within the country and outside the country, thus become ambassadors for making humanity more civilized. I wish them luck.

I shall fail in my duty if I do not acknowledge the participation of the faculty members who have retired from this institution on super annuation. This speaks of their love and bond with the institution. My thanks to them.

Message

From the desk of Member Finance (HESK)



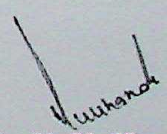
It gives me an immense pleasure to know that Gandhi Memorial College of Education is releasing 6th issue of its annual college Magazine "Sangarmal" very shortly.

This valuable co- curricular activity, besides providing a platform for students and staff to express their valuable views, inculcates in them creativity in general and art of writing in particular. Francis Bacon, an eminent Sixteenth century English Philosopher and prose writer, asserts that reading, makes a full man, speech a ready man and writing an accurate man. This assertion has still tremendous validity in the present day era.

Gandhi Memorial College has a long history to serve the people in the field of Education and in this endeavor the sincere efforts of GMCEJ family will definitely take this institution to further heights of academic excellence. It will help the teacher trainees for coming to terms with self and community. These teacher trainees will further contribute in shaping the destiny of our Motherland to the best of their capabilities and potentialities.

I congratulate Editorial Board, staff and students for this endeavor and look forward to many more editions of the magazine in future.

With best wishes,


Sh. U. K. Handoo
Member Finance (HESK)

Message

From The Principals Desk



Forest bare the homes for various plants and animals .There was a time when about 40 percent of land was covered with forests all over the world. Today only one-third part of land is left with forests. Man has also been responsible for the destruction of forests.

We have come across the term forest ablaze ,but we do not know that our state is also facing this hazard. We are deeply concerned about the outbreak of multiple forest fires throughout jammu & kashmir. It appears that the fires raging across jammu & kashmir have reached alarming dimensions . It is heartbreaking to learn that the fires have mercilessly consumed thousands upon thousands of acres of old growth and forests. It is even more heartbreaking to learn that this environmental disaster was almost entirely the result of human action. In other word, this was a potentially preventable environmental disaster.

Though there are climatic comditions which have created an underlying proclivity for these fires, it is distictily clear that human behaviour (including military action) and subsequent inaction or inability by locals\local authorities to properly respond has played the princpal role in the rapidsread of these fires.

It is high time that we awake from the deep slumber & realize the consequence of forest fires that ultimately damages.

Let us join hands to stop such man made disasters that ultimately lead to ecological imbalance.

A handwritten signature in dark ink, reading 'Kusum Tickoo'.

Prof. Kusum Tickoo



Institutional Management Committee of Gandhi Memorial College of Education





NAME

DESIGNATION

Sh. A.K Dewani

President.

Sh. Anil Dhar

Secretary.

Sh. U.K Handoo

M.Finance.

Dr. K.B.Kachroo

M.Education

Sh.J.L.Bhat

Member.

Dr. C.N Tickoo

Member.

Sh. Sanjay Dhar

Member.

Dr. Satesh Bhan

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Sh. J.L Bamzai

Member.

Sh. P.N Dembi

Member.

Dr Meenakshi Kilam

Member.

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EXECUTIVE BODY
OF
HINDU EDUCATION SOCIETY
KASHMIR**

Staff Of Gandhi Memorial College of Education



Principal



Staff Members





RESEARCH WING



STAFF OF GIRLS HOSTEL

Editorial Board



Mr. Arvind Bhat

Mrs. Bindu Verma

Mrs. Sarita Matto

Mrs. Meenakshi Sudashi



From left to right - Mrs. Meenakshi Sudashi, Mrs. Sarita Matto & Mr. Arvind Bhat

It gives us immense pleasure to present the 6th issue of 'Sangarmal'. This magazine is the result of cooperation and collective efforts made by students, faculty members and the management of the college.

We feel an educational institution, if at all is to prove its claim to be a real school for teaching the younger generation to live it must preach, teach and develop the same mental approach among them.

We have divided the magazine into three sections. The first section is theme based and draws the attention of the readers towards the present day global level problem of pollution. Efforts have been made to generate, awareness among the students and readers in general, regarding causes of pollution, its effect on the environment and then prevention.

The second section is highly informative and thought provoking. This section is the work of creative minds, students as well as the faculty members.

Hindi being our national language, the last section has been entirely devoted to our national language and it comprises of various highly informative articles contributed by our students and faculty of the college.

We are thankful to the management, principal, staff members, computer section and students of the college, for their immense support, valuable suggestions and co-operation.

SECTION - I



ENVIRONMENT

ENVIRONMENT AND FUTURE GENERATION

Mrs Sarita Mattoo



*"The Nature's plentifulness is a healthy heritage not to be squandered with impurity,
it must be conserved for the future generations or its bankruptcy will extinguish us all."*

*"Though the water running in the fountain be everyone's, yet who can doubt,
but in the pitcher is his only who drew it out.*

*His labour hath taken it out of the hands of nature,
where it was common, and belonged equally to all her children
and hath thereby appropriated it to himself."*

This proposition of John Locke's is unexceptional only so far as there is sufficient water for all who need it. If the water begins to dry up, some authority will have to intervene under some principles of justice and fairness then ratio it. As per Mary Gilmore:

*"All men at God's round table sit,
And all men must be fed.
But this loaf in my hand,
This loaf is my son's bread."*

Under conditions of life when there is no stress, there is no conflict and a balance between self-interest and concern for others is maintained. Today we are living in a time of stress. In affluent countries the post-war period was a prospect for prosperity for everyone, as the fruits of technology were being harvested and nature was exploited thoughtlessly. Nature is made for man. This was the guiding principle of action.

Today we are facing with scarcity of natural resources. We do not know in which direction history will move but two things are certain, one is that thoughtful people are apprehensive about the future; the other is that this apprehension is in some way changing social values. It has not so far lowered the material

SECTION - I ENVIRONMENT

standards of living rich nations, but it has changed the attitude of the people. A global culture of a primarily techno-industrial nature is now encroaching upon all the world's milieus, desecrating living conditions for future generations. We, who are responsible participants in this culture and the role, which we are playing in it, are acceptable to us or critical about it. Almost all of us today are sympathetic with an attitude of respect for nature as we observe resources diminishing, rare species reaching a point of extinction and natural habitats being overwhelmed by man made developments. There is a need to seek a firm philosophical base to support such an attitude. One would summarize the present situation as an exponentially increasing and partially or totally responsible environment deterioration or devastation perpetuated through firmly established ways, production, consumption and a lack of adequate policies regarding an increase in human population.

Today we are facing with an environmental crisis of massive proportions. These crises of the environment involve not merely isolated and particular problems such as the pollution of our lakes, rivers, the smoke of our cities and the devastating effect of pesticides on food chains; it involves a threat to life on this planet and on the qualities of life. Alterations of the environment can destroy and are destroying in many cases, the balance of neology to pollute, excessive proliferation of the human species and ignorance of casual relationship in nature. The basic causes of this crisis are mistaken values and attitudes-the attitudes that we can explore nature without any restrictions, that the production of goods are more important than the people who use them, that nature will provide unlimited resources, that we have no obligation to future generation to conserve resources, and the answer to technology is more technology. If we accept that attitude and values are mistaken and are the root of the problems, than we need a trans valuation of value; we need basic changes in man's attitude towards nature, towards population growth, towards use of technology and perhaps man's place in nature. We need to put into practice the theory that man and environment are a whole if we are to avoid self-destruction . We need to develop an ecological attitude.

It is within our powers to make the world a pleasant place to live in, for ourselves and our descendants or else to exploit nature and the environment, to dump wastes into rivers, lakes and oceans, to cut down forests and pollute the atmosphere with obnoxious gases, to utilize natural resources thoughtlessly and thereby create scarcity. Most of us would agree that just as our ancestors have passed on to us a livable environment so also we have a reciprocal duty not to pass on our descendants a world that is a used up garbage heap. Although our remote descendent are not present as yet to claim a livable e world but there are plenty of proxies who speak on their behalf. These proxies are representatives of the interests of the future generations.

Here if we have to take recourse to argument allowing for the potential interests of the future generations, the future generations would one day have rights, which would be no par with the rights of existing adult humans. Of course in the case of future generations, we are not aware as to who our grandchildren, our great grand children and our remote descendants would be. Since we cannot identify our

SECTION - I ENVIRONMENT

remote descendants can we ascribe rights to them, for as yet they do not belong to the network of social relations either. Our remote descendants are in some sense, 'potential' persons although they are more remotely potential than fetuses. In this sense the existence of the distant human future is no remotely potential than that of a potential child already on its way.

Imagine a situation in which I see some shadows moving. I know for sure that these shadows are of people moving in a particular direction. Although I may not be aware as to whose shadows these are, I know at least that they are of some humans. Thus although, I do not know anything more about those humans, one thing is sure that it would be wrong for me to shoot in the direction from where the shadows are appearing or to throw bombs in the directions of the shadows.

Thus though the future generations do not exist yet they do have contingent rights on us. The interests they are sure to have when they come into being cry out for protection from invasions that can take place now. Yet there is no actual interests, presently existent, that future generations non-existent, have now. Nobody can interfere with a person's efforts to keep him alone as he attempts to obtain the necessities of life, acts in self defence etc. The right to life can also be regarded as a special right which children could have against their parents, but as regards the future generations they have a general right for two reasons – one, who do not know who would be whose livable environment.

Today the environmental crisis has reached such massive proportions that if we continue with our rate of destruction, the future generations would not have a livable environment; they would be faced with shortage of everything, of most of the essential commodities.

"One Cannot Discover new oceans, unless one has the courage to lose sight of the Shore"

SECTION - I ENVIRONMENT

ACID RAIN: ONE NATION'S FUEL IS ANOTHER COUNTRY'S POLLUTION

Mrs. Neeraj Wangnoo



Dead and stunted trees, clear but lifeless water; the forests and lakes of Wester Europe are dying. In 1984 it was estimated that in Germany alone one third of the forests were dying and that thousands of Scandinavia's beautiful lakes were lifeless. North America is too, suffering the same ecological mortality. In the Adirondack region of Newyork State, more than 200 ponds and lakes can no longer support fish life. Across the border in Ontario, Canada, some 1,200 lakes are already dead; an estimated 150,000 more are dying. And the same bleak pattern is being repeated in the river, streams and forests of many other nations including Switzerland, Britain and Norway.

Nor is it only the natural world that is being destroyed. Ancient buildings, such as the Parthenon in Athens and Colosseum in Rome, are suffering unprecedented corrosion. The problem pollution, acid rain in particular – caused by the burning of fossil fuels. British chemist Robert Angus Smith described the link between acid rain and pollution as early as 1872. But only recently have the effects become the subject of pressing international concern.

How acid is rain?

Because raindrops contain certain dissolved carbon dioxide, all rain is slightly acidic. But acid rain is created when sulphur dioxide and nitrogen oxide discharged into air reacts with water vapor to form droplets of sulphuric and nitric acid. About a tenth of sulphur volcanic activity, forest fires, and the decay of organic matters cause dioxide emission naturally. But the largest volume of sulphur dioxide released over North America and Western Europe comes from the burning of coal, oil, gasoline and natural gas in power stations, factories, offices, homes and automobiles.

Acid Rain may be wet or dry. Dry deposits occur when the gases together with solid particles of sulphate and nitrate from the air, are blown by the wind and fall on the land. These pollutants stick

SECTION - I
ENVIRONMENT

to surface, attacking stonework and metals and damaging plants, especially when they combine with rain to become concentrated liquid. Wet deposits occur when the pollutant remain in the atmosphere for some days and react with water vapor to form acid rain, snow, mist, or dew. Both types are equally harmful prevailing winds may sometimes transport oxides thousands of miles. Killing the plants

Although gaseous emissions from natural sources have been taking place for thousands of years, today industrialized society is literally poisoning the earth with acid rain. When it permeates the soil, plant nutrients are dissolved and washed away. As a result trees, plants and crops die and the soil becomes impoverished. Acid ground water dissolves metals such as aluminum from the soil; this water then seeps into rivers and lakes. As the level of acidity rises, animals, insects and plant life vanishes. Ironically, acid lakes often look particularly beautiful; because the sterile water is barren of living organisms, it is completely clear.

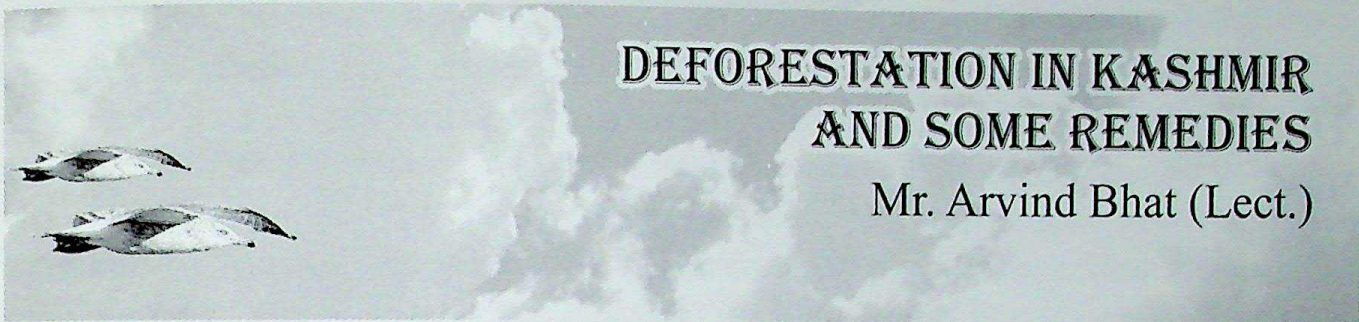
Preventive measures

Various techniques have been employed to reduce emission of toxic pollutants. The sulphur content of fuels can be reduced before burning, lower temperatures can cut down the amount of nitrogen oxides generated in furnaces, and filters can restrict pollution from power plants, chimneys and automobile exhaust pipes individuals can also help by conserving energy in their homes.

However, experts in some of the countries most responsible for air pollution claim that the formation of acid rain is only partly understood and that many other complexes factors are involved in the destruction of lakes and forests. They therefore have asked for further research before agreeing cost effective plans.

*When one door closes Another door opens,
But we often look so long & so regretfully upon the closed door
that we don't see the one that opens for us*

SECTION - I
ENVIRONMENT



DEFORESTATION IN KASHMIR AND SOME REMEDIES

Mr. Arvind Bhat (Lect.)

Forests are verdurous. When we look at them, they are refreshing, invigorating and bewitching. When we enter them, they are mysterious, inspiring, solacing and to some they are entrancing.

Our Kashmir has remained a place of perennial charm of nature's beauty. All her seasons present a panoramic view of her celestial beauty. Spring comes with its profusion of wild fragrant bloom, bubbling streams, roaring "nalas" and a carol of varied songbirds. Summer presents the prime youth of its beauty in the hills, on the mountains and in the vast green meadows famous all over the world. Autumn is peerless in the serenity of the skies and streams, in the red apple orchards and in the blushing chinars. Winter heaps snow all over blocking the roads and paths.

Nature has bestowed upon Kashmir her beautifulness of forests and it is these forests, which bring rain, and heavy snow falls. Heavy snowfalls have made deep glaciers and the glaciers have made mountain lakes and the flow in the streams and rivers perennial.

Now imagine of Kashmir without her forests. It would be just a valley of Ladakh—all aridity, sandy and dusty, hardly with a patch of green cover anywhere. But our Kashmir is no more it was in the days of yore in its verdure, freshness, coolness and serenity of her streams and "nalas". There was a dense forest cover all over the hills and the mountains. This green cover started dwindling just after our independence. It witnessed its worst devastation during the period of militancy and now it has shrunk to certain limited pockets. As a result our valley is experiencing the vagaries of her weather in droughts and scant snowfalls resulting in the scarcity of drinking water and irrigating water, which was in plenty some decades back.

There are the famous deer "hangul" partridges, snow leopards, musk deer, "sonachechur" "Van Koker" (jungle cock and hen) and so many other wild species of the forests? Where are the profusions of wild flowers, medicinal plants, wild fruits in abundance for the monkeys and bears? All of them have gone with the giving of the forests in Kashmir. There have been many factors

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responsible for the vast devastation of forests, flora and fauna? Population explosion has been the main cause. There has been a great strain on the forests for obtaining not only timber for more and more constructions but also for firewood during the cold months and for "Kangri coals".

Secondly, the tribal people, the Gojars and other living in and near the forests have devastated the green covers to turn the forest land into maize fields and for the construction purcell had to face the wrath of flash floods every now and then, because the hills around the village had lost their forest cover and the torrential rains would wash down their crops at the foot of the hills. It dawned upon some good people of the village that they should frame an afforestation village committee to plant poses. They have been able to destroy them with the overt and covert support of their politic leaders and the forest official's .In Kashmir, some big ministers are responsible for such devastation. Their kith and kin have been famous smugglers as reported by the local news papers from time to time. When our hearts weep to see the hills and slopes turned into barren lands can't we do something, which will restore the health of the degraded forests?

Nothing is impossible only we should have a will to do it. We have failed so far, because we have lacked patriotic spirit .We have been egoists we have only wished to live for ourselves- a life of high -phystyle, bountifulness at the cost of nature. Would that a noble sense of patriotism would prevail upon us, our political leaders and those responsible for the protection of the forests. trees on the hill slopes around their village. They thought and they did. They, on their own, started plantation of a variety of trees, even pines.

On the hills adjoining their village they themselves guarded their new forest and just after a decade and a half the barren hills turned into vendurous dense forests, with numberless pines and wild fowls like partridge wild hen, "Sonachechar." They all returned to their forest there we saw the snow leopard, the deer, the bear and all others roaming fearlessly. The villagers have beaming faces that they could do which was something impossible for others.

The big strain on the forests could be minimized if we stop the tantalization of living in big mansions. Simple houses are more comfortable and less timber consuming. Then the damage caused by the tribal people, the Gojars and others, living in and around the forests, too, could be minimized if we provide them with kerosene oil for lighting purpose, otherwise they use the pulp of the pines (the conifer pulp) called "Lashi" from the conifer pines causes a tremendous damage to such trees in the forests.

Ultimately it is the people with a deep sense of patriotism who can play a pivotal role in

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conserving the forests or in restoring the health of the degraded forests .In this regard the Govt. has to undertake a revolutionary programs by introducing new policy through legislation to entrust the afforestation of the degraded forest land to the village committees framed under the new legal framework. Such committees will undertake the restoration of the degraded forests as the Bandipora villagers have done. Such forests will be called the community forests under the aid and supervision of the Govt. The income, which these forests will yield, should go to the concerned communities for their developmental programs. Such villages should be granted the status of the model village developed with their own income. If in the long run their forests yield some income surplus that should go to the central pool of the model villages, so that other villages too could be developed without depending too much on the Govt. Such a programs would definitely bring about much development in the rural areas.

*"We Should forget trying to figure out
what will bring us happiness.*

*We should try to make others happy,
& then happiness will find us"*

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GLOBAL WARMING

Sh. Anil Dhar
Secretary HESK

Global Warming, have we ever heard about it? Do we know that it is the biggest threat to humanity, for which the world is least prepared. The following article has been penned down to shed light on this issue because of which our planet is in grave danger.

Global warming is responsible for some trends in natural disasters such as extreme weather conditions.

Most of the consequences of global warming would result from one of the three physical changes like the sea level rise, higher local temperature and changes in rainfall patterns.

Destabilization of local climates

Atlantic hurricanes are caused by changes in the local climates and result in !

Sea Level rise

The sea level has risen more than 120 meters since the peak of last ice age is about 18,000 years ago. The bulk of that occurred before 6000 years ago. From 3000 years ago to the start of 19th century, sea level was almost constantly rising at 0.1-0.2mm per year. With the increasing average global temperature, the water in the oceans expand in volume, and additional water enters them which has previously been locked up on land in glaciers.

Lohachara island in the Sunderbans in Bay of Bengal was the first island to be claimed by the rising sea level caused by global warming. Lohachara was home to 10000 people.

Temperature rise

The Temperature of the Antarctic Southern Ocean is rising, It has its effects on the ecosystem affecting algae that grew on its underside, warming could reduce the oceans ability to absorb carbon dioxide.

Eco system

Rising temperature are beginning to have a noticeable impact on birds. Lessened snow cover, rising sea level, weather changes provide examples of consequences of global warming that may

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influence not only human activities. but ecosystems will change some species that are being forced out of their habitats (possibly to extinction)

Many of the species at risk are Arctic fauna such as polar bears, emperor penguins, many salt wetland flora and fauna species and any species that inhabit the low land areas near the sea.

It has been found in a survey that recent changes in the behavior of plants and animals species, creating "refugee species". Frogs were breeding, flowers blossoming and birds migrating an average two to three days earlier each decade.

Grass had been established in Antarctica for the first time. Forests in some regions potentially face an increased risk of forest fires.

Glacier Retreat

In historic times, glaciers grew during the little Ice Age. But since 1980 glacier retreat has become increasingly rapid and ubiquitous, so much so that it has threatened the existence of many of the glaciers of the world. Currently glacier retreat rates and mass balance losses have been increasing in the, Andes, Alps, Himalayas and Rocky mountain and North Cascade.

Asian countries have also been historically dependent on the seasonal glacier melt water for irrigation and drinking supply.

Many species of fresh water and salt water plants and animals are dependent on glacier fed water fish need cold water habitat that they have adapted to some species of fresh water fish need cold water to survive and reproduce. Reduced glacier run off can lead to insufficient stream flow to allow these species to thrive.

Methane release from hydrates

Methane clathrate, also called methane hydrate is a form of water ice that contains a large amount of methane within its crystal structure.

Extremely large deposits of methane clathrate have been found under sediments on the ocean floor of Earth. The sudden release of large amounts of natural gas from methane clathrate deposits, has been hypothesized as a cause of past and possibly future climate changes. The theory also predicts this will greatly effect available oxygen content of the atmosphere, which can result in most severe mass extinction event on Earth.

Spread of diseases

Global warming lay its effects by conveying infectious diseases such as malaria and other viral diseases.

Water Scarcity

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With the increase in sea level it will contaminate ground water, affecting drinking water and agriculture in coastal zone.

Mountains

Which cover 25% of earth's surface and provide home to more than one-tenth of global human population changes in global climates poses a number of potential risks to mountain habitats.

Changes in climate will also affect the depth of the mountains snow peaks and glaciers. Any changes in their seasonal melting can have powerful impacts on areas that rely on fresh water.

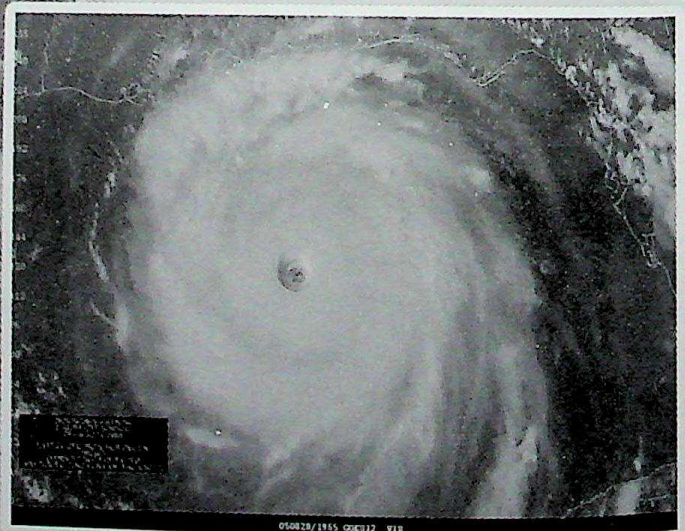
Decline in agriculture

Rising atmospheric temperature, longer droughts is likely to bring reduction in crop yield.

Flood defence.

For historical reasons to do with trade many of the world's largest and most prosperous cities are on the coast so due to rising sea level having coastal defence is necessary. This article should be a wake up call to all of us, so that we take the responsibility to help stop warming our planet. There is hope if we take some measures for example use of renewable energy solutions, such as wind and solar power, replace incandescent light bulbs with compact fluorescent bulbs, plant a tree, protect forests, reduce-reuse-recycle, use fossil fuels.

Impressions that the battle against global warming has been won is misleading as the battle has just begun.



AIR POLLUTION

Mrs. Kusum Tickoo

(Principal)

"The World Health Organization defines air pollution as the presence of material in the air in such concentration, which are harmful to man and his environment."

A number of ingredients find their way in the air and these are mostly gases, which rapidly spread over wide areas.

SOURCES OF AIR POLLUTION

Industrial Pollution

The common air pollutants which are discharged by the industrial chimneys and powerhouses are SO_2 , CO_2 , CO , H_2S and hydrocarbons together with dust, smoke and dirt. These are produced by burning of coal and petroleum and by combustion of lignite at thermal power stations. The chemical industries release hydrochloric acid, chlorine nitrogen dioxide and oxides of copper, zinc, lead and arsenic in addition to SO_2 , CO , H_2S .

The Chembur- Trombay industrial complex showed 3-6 times higher pollution than that of the rest of the city. The fertilizer factories at Gorakhpur and Ahmedabad, Nayvelli, Lignite Complex in Tamil Nadu, the steel industries at Bhilai, Raurkela, Jamshedpur and Durgapur all pollute the air with above-mentioned gases.

Automobile run by petrol and diesel produce CO , nitrogen oxide and hydrocarbons. Hundreds and thousands of tons of hydrocarbons and CO are emitted into the air daily. Every gallon of petrol consumed by automobiles produces 3 ponds of carbon monoxide and 15 ponds of nitrogen oxide. Each of them is sufficient to contaminate 8,00,000 to 20,00,000 cc. air. In America more than 60% of air pollution is produced by its 83 million cars. It is estimated that the highest intensity of CO in the atmosphere during peak traffic hours at selected points in Kolkata is 35 parts per million due to auto exhausts.

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Air Pollutants

The air pollutants have been separated in two categories. The primary air pollutants or primary emission and the secondary air pollutants.

1. Primary Emission or Pollutants

These include those substances, which are emitted directly from some identifiable sources. These include

- (a) Sulphur Compounds are SO_2 , SO_3 , H_2S and mercaptants produced by the oxidation of fuel.
- (b) Carbon Compounds includes oxides of carbon ($\text{CO} + \text{CO}_2$) and hydrocarbons. Hydrocarbons are produced by incomplete combustion of gasoline.
- (c) Nitrogen Compounds are NO_2 and NH_3
- (d) Halogen Compounds are hydrogen fluoride (HF) and hydrochloric acid (HCl). These are produced from metallurgical and chemical industrial processes.
- (e) Particles of different size and different substances are found suspended in the air. The fine particles below the diameter of $100\ \mu$ are more abundant and include particles of metals, carbon, tar, resin, pollen fungi, bacteria, silicates and similar other substances.

2. Secondary Pollutants

The secondary pollutants are produced by the combination of primary emitted pollutants in the atmosphere. In bright sunlight, a photochemical reaction occurs between nitrogen oxide, oxygen and waste hydrocarbons from gasoline, which form per-oxy-acetyl nitrate (PAN) and Ozone (O_3) both of them are toxic components of smog and causes irritation of eyes and lung damage.

3. Smog

The fog deposited with smoke and chemical fumes form a dark and thick covering, the smog. Smog is very common in almost all the industrial areas, and the cities situated there basically experience it more because there the smog is trapped for many days by the stagnant air.

EFFECTS OF POLLUTANTS ON PLANTS

Significant and sometimes devastating effects of air pollutants have been recognized on plants. Thick smog has killed more than millions trees in Southern California. The visible injury symptoms on plants and their leaves are discussed as follows:

- (i) **Tissues Collapses and Necrotic Patterns:** This is caused by the plasmolysis of cells of leaves by air pollutants. Initially plasmolysis changes the water relation and finally interrupts the structural integrity, which leads to the collapsing of the tissues. The degree of tissue collapse and appearance of neurotic pattern depend upon the nature of pollutants and its concentration.
- (ii) **Chlorosis and other Colour Patterns:** Chlorosis is the loss or reduction of chlorophyll in leaves.

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resulting in the appearance of pale-green or yellow patches. Sometimes other colours develop from pigments already present but normally masked by the green pigment. The bleaching is associated with sulphur dioxide and brown pigment develops with fluorides.

(iii) Growth Alternatives: As a result of air pollution poor growth is also seen. This result in drooping of leaves, stunted growth and small fruits. Ethylene induces epinasty or drooping of leaves and prostrate plants.

EFFECTS OF POLLUTANTS ON ANIMALS AND MAN

Only some of the direct or indirect effects of air borne pollutants on animal life have been studied so far. The effects of air pollutants are on the respiratory tract and lungs causing pulmonary edema and lung cancer. In addition to irritation in eyes, mucous membrane, pulmonary congestion, chronic bronchitis, and lung carcinoma are the other effects. Fluoresces in cattle is caused if exposed to fluoride containing dusts. More subtle physiological effects of air pollution observed in laboratory animals are suppression of celery action, alteration in pulmonary physiology specific enzyme inhibition and changes in blood chemistry. The effect of certain inorganic and organic compounds have been studied on animals and men. A few are as follows:

(i) Inhaling of ozone causes dryness of mucous membrane of mouth, nose and throat, changes visual activity; causes headache, pulmonary congestion and edema. But the response to O₃ concentration varies greatly among human population. Acute toxicity of course, is highly injurious and even lethal to laboratory animals. This brings down the rate of oxygen consumption long term effects of O₃ exposure at low concentration are increased mortality of litters of mice and premature ageing in rabbits. Ozone has been reported to produce chromosomal aberrations. Fenter has reported doubling and deletions in chromosomes of *Vicia faba*.

(ii) Nitrogen dioxide NO₂ has a pungent odour. Its inhalation causes eye irritation, pulmonary congestion and edema, obliterative bronchitis, pneumonitis or even death. The chronic effect of NO₂ is the granulomatous infiltration of lungs.

(iii) Carbon monoxide is one of the dangerous air pollutants since it is odorless and its presence is not detected during breathing. Secondly it has great affinity with hemoglobin. Therefore, on entraining the blood stream it replaces oxy- hemoglobin and itself combines with it. Thus the oxygen carrying capacity of hemoglobin is reduced and concentration of hemoglobin is reduced and concentration of CO₂ in blood stream increases. This causes headache, dizziness, flickering before the eyes, ringing in the ears, nausea vomiting, palpitations, pressure on the chest, difficulty in breathing, muscular weakness, collapse, unconsciousness and even death.

(iv) Of the organic compound formaldehyde is irritating to the mucous membrane of the eyes, nose and throat. Thiols cause respiratory paralysis and death ensuring from respiratory failure. Oil mists are found to be the most important air pollutants in urban areas because gasoline and oil used by motor cars emerge into the atmosphere as fine droplets.

(v) Radioactive elements, which enter the air through nuclear explosions, come on the earth as nuclear fallouts. These enter the biological system by absorption through the leaves or roots of the plants and often result in the formation of cancer and changes in their organization by producing mutational variation in their genotype.

ROLE OF POLLUTION CONTROL BOARD

FUNCTIONS OF CENTRAL AIR POLLUTION CONTROL BOARD

1. Subject to the provision of this act and without prejudice to the performance of its functions under the water (prevention and control of pollution) Act, 1974 (6 of 1974), the main function of the control board shall be to improve the quality of air and to prevent, control or abate air pollution in the country.
2. In particular and without prejudice to the generality of the foregoing functions, the Central Board may:
 - (a) Advise the Central Government on any matter concerning the improvement of the quality of air and the prevention, control or abatement of air pollution;
 - (b) Plan and cause to be executed a nation wide program for the prevention, control or abatement of air pollution;
 - (c) Co-ordinate the activities of the State Boards and resolve the disputes among them; Provide technical assistance and guidance to the state boards, to carry out and sponsor investigations and research relating to problems of air pollution and prevention, control or abatement of air pollution.
 - (d) Plan and organize the training of persons engaged or to be engaged in the programs for the prevention, control or abatement of air pollution on such terms and conditions as the Control Board may specify.
 - (e) Organize through mass media a comprehensive program regarding the prevention, control or abatement of air pollution.
 - (f) Collect, compile and publish technical and statistical data relating to air pollution and the measures devised for its effective prevention, control or abatement and prepare manuals, codes or guides relating to prevention, control or abatement of air pollution.
 - (g) Lay down standards for the quality of air;
 - (h) Collect and disseminate information in respect of matters to air pollution;
 - (i) Perform such other function as may be prescribed.

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3. The Central Board may establish or recognize a laboratory or laboratories to enable the central board to perform its functions under this section effectively.
4. The Central Boards may:
 - (a) Delegate any of the functions under this act generally or specially to any of the committees appointed by it.
 - (b) Do such other things and perform such other acts as it may think necessary for the purpose of carrying into effect the purpose of this act.

FUNCTIONS OF STATE AIR POLLUTION CONTROL BOARD

Section 19 of the act provide:

1. The State Government may after consultation with the State Board, by notifications in the Official Gazette, declare in such manner as may be prescribed any area or areas within State as Air Pollution Control Board area or areas for the purpose of this Act.
2. The State Government may after consultation with the State Board, by notifications in the Official Gazette
 - (a) Alter any air pollution control area whether by way of extension or reduction.
 - (b) Declare a new air pollution control area in which may be merged one or more existing air pollution control areas of any part thereof.
3. If the State Government, after consultation with the State Board, is of the opinion that the use of any fuel, other than an approved fuel, in any air pollution control area of part thereof, may cause or is likely to cause air pollution, it should be by notification in the Official Gazette, prohibit the use of such fuel in such area or part here of with effect from such date (being not less than three months from the date of publication of the notification) as may be specified in the notification.
4. The State Government may after consultation with the State Board, by notifications in the Official Gazette, direct that with the effect from such date as may be specified there in, on appliance, other than an approved appliance, shall be used in the premises situated in an air pollution control area provide that different dates may be specified for different parts of an air pollution control area as for the use of different appliances. The State Government may after consultation with the State Board, is of the opinion that the burning of any material (not being the fuel) in any air pollution control area
 1. May cause or is likely to cause air pollution, it may be notified through the Official Gazette, prohibiting the burning of such material in such area or part thereof.

ROLE OF TEACHERS

Teachers should be at the forefront in pursuing the actions on environmental education, weather acting

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as individuals infusing environment perspectives into their classes or collectively infusing environmental education through their educational institutions, professional societies, state infrastructures and local or national advocacy groups.

As individuals, teachers are responsible for pursuing opportunities for professional training to incorporate the principles of sustainability in their courses. For all of these activities, teachers and faculty can seek assistance from higher educational institutions, professional societies, the business community, non-governmental organizations State and Central Departments.

Professionals in higher education play one of the most decisive roles, by imitating innovative programs. By finding way to integrate interdisciplinary and systems approaches in their own under graduate and graduate courses, they can train a new generation of teachers who will be more effective at inspiring creative thinking and sound decision making among their students. They will benefit by searching out every opportunity to engage their colleagues from other disciplines in their research and teaching activities.

*"A tree is known by its fruits
a man by his deeds"*

*Success is the progressive realization
of a worthy goal.*

ENVIRONMENTAL EDUCATION

Prof. N.J. Zadoo

It is a Kashmiri saying stressing the cereals will last when there will be base of forests. This saying stresses the importance of forests, and thereby making people aware of importance of environment, safeguarding the environment and the preservation of the same for the people of present times and coming progeny.

Charak had in his book Charak Samiti stressed that within four square miles of area from a person, every medicine was available to the person for his ailments. He stressed herbs (Medicinal Plants) were available at his doorstep. Which seems like a dream to a person of modern times especially a person living in urban or suburban areas, even after crossing four hundred square miles area cannot find medicine for his all ailments.

Even we have seen how a dog cures itself by consuming some types of grass etc, from his surroundings. Even that thing is not possible in modern times and we have to carry our pets to animal husbandry for their petty diseases. This is the damage caused by us and mostly by developed parts of the world.

Rig Veda is the oldest of all four Vedas, it has been stated in the Rig Veda, 'The Dust' (DHULLA) of mother Earth and light of father sky should remain associated with full brightness for our all welfare. The whole Bramanda was full of peace and happiness because life and environment was so closely related that it was difficult to think man and organism separate from nature or environment.

In present situation man and environment are considered inter-related and there is inter dependence in them. The nature or environment becomes a sorrow, because of dust of earth, light and air of sky have the adverse effect on human beings. Therefore it widely recognizes the need of introduction of "environmental education."

There was an article, "Towards Greener Pastures in the Times of India, by Sudesha, who had copied the same from Times News Network, it was like this," "We are witnessing increased pollution and unseemly destruction of the environment. Look at the way our forests are being destroyed. Forests, which help to maintain the ecological balance, act as green lungs and water reservoirs, are being ruthlessly cut down to suit vested interests, we need to realize that every component of our environment is inter linked like increased

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deforestation translates into an increase in air pollution as well as the destruction of the animal and plant life which directly results in drastic reduction in the water retention capacity of forests.”

“Another example of the detrimental effect of destruction of the Environment and lack of conservation measures in the dwindling tiger population. Tigers are at the apex of food chain in forests, ecological system and keep the herbivorous population in check, which in turn protects the land from the effect of overgrazing and soil erosion. All the destruction has the same result namely increased destruction of environment

A Forest is a natural ecosystem having multiple species and multi aged trees as dominant community. Forests cover about one third of the Earth's land surface of which about 50% is occupied by tropical forests. Of the total geographical area of India 20.74% is forest as against minimum of 33% cover prescribed under National Forest Policy.

Forests are very important in helping balancing oxygen and carbon dioxide level in atmosphere, regulate Earth's temperature and hydrolic cycle. These increase local precipitation and water holding capacity of soil. Thus preventing drought situation vegetation cover by forests impedes the velocity of runoff on soil surface, check soil erosion, silting and land slides, thus reducing the danger of floods. The litter derived from fallen leaves maintains fertility of soil.

Forests also act as a refugee for wild animals.

One often comes across the headlines in newspapers, like “Last of the blue whales” save the golden langur, tragedy of sea turtles, measure down fall in Rhino population. According to an estimate in last about 2000 years the world has lost by way of extinction of about 160 species of mammals and 88 species of birds.

In India also some birds and mammals are on the brink of extinction. Here 134 plant species, 71, 47 and 15 species of mammals, birds and reptiles respectively are threatened. Goethe rightly said that “Every thing originated on water and every thing is sustained by it. Water is vital to life for all human beings, animals and plants. Agriculture is dependent on water, may it be rainfall or surface or ground water irrigation. Huge amount of protein rich food in the form of fish, shell fish and prawn is obtained from the inland and as well as very portent industry.” Again,

*“Water water, every where but no water to drink,
is the situation not only found amidst sea, but also at places
where industrial and domestic refuse make the benevolent
water sources contaminated.”*

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Water at many places serves as a very convenient means of navigation. In Kashmir we had various water ways a part from the river Jhelum such as kutkul which had turned into drainage and Nalamur which was connecting the interior of the city with the Dal lake. It had been filled 20 years back similarly there were various small water ways. These should have been developed by way of making them more deep by distillation. These would have been used carrying load etc from one place to other places. This time also heavy vehicles are plying, but what then if the oil gets exhausted, which is to get exhausted within three decades of the time. So, that time, these would have been available for navigation as these were used earlier.

In India a few decades back it was felt that reptiles (especially snakes) are harmful for crops so the people tried to kill the snakes but its results were evident, that there was short fall in the growth of crops, because the said snakes were consuming most of rodents, who otherwise damage our crops.

In China also a special type of sparrow was felt damaging the crop, the then leader of Republic of China (Mr. Mousi Tung) issued an order that no matured Chinese will go to bed till he does not eradicate minimum four sparrows. It was followed by every Chinese and to the great surprise that year the crop fell adversely below the normal growth. It was seen that the sparrow along with picking some grains was removing pesticides from the crop, which was otherwise damaging the same. So they had to import the sparrows from some countries. This way the nature maintains ecological balance.

The pollution is necessary evil of all development. Due to lack of development of a culture of pollution control these has resulted a heavy backlog of gaseous, liquid and solid pollution in our country. It is to be cleared. This is recent environmental concern. It is a scare-word mainly of affluent countries. These countries for there comfort and exporting them to needy developing parts have been in a mad race to exploit every bit of natural resources in doing so industrialized countries dump lot of material in their environment which becomes polluted.

In certain parts of the world yet the people are not taking cognizance of the population explosion. Population explosion is the main factor contributing to environmental degradation. Not only is the serious of which all the people in the world should take due care, but should try to propagate about those who do not subscribe for family planning. Only on 30th December 2004 in the State Times there was a News item that a Sherpa couple expecting 23 children and a person in the interview told, "She will go for more three which are expected in future." The news should not have been printed in box but should not have been published at all. There his children must have also married and the number must be multiplying. He owns a little plot of land which he tells there in the news paper there was no mention of his standard of life, which should have been brought to lime light. A teeth less grey haired 72 years old person only boasting of his riches in terms of his children, not anything else.

Human over population and illiteracy are two of the major problems that bring about the destruction of environment and animal extermination to the world. For every extinct or endangered species or sub species

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of animals, two of the major factors have been the destruction of their habitats and excessive copying by man.

Man should give up the exploitation of nature and have a check on human population by introducing family planning and moral checks.

Hence systematic "Environmental Education" is essential for manufacturing harmony between man and his environment – Environment Education is a way of thinking, doing and feeling pertaining to natural as well as social sciences and behavioral science. It suggests a way out to integrate moral values and cultural education to Environmental Education. It is need of the day education must have full understanding of physical, biological, social, cultural and sociological environment- its components and their operations. In other words environmental education is of great importance in our education.

*Thinkers do not accept the inevitable.
They turn their efforts towards changing it*

Paramhansa Yogananda

*Winners don't do different things.
They do things differently*



ENVIRONMENTAL MONITORING

Mr. R.K. Ganjoo

I do not intend to elaborate the subject of biological monitoring of the state of the environment (bioindicators). I would rather restrict the subject to basic concepts of environmental monitoring. As a result of population growth, rapid industrial and technological development, urbanization and injudicious planning without due regards to sustainable development, there have been induced a variety of changes in the environment. Human activities induce such changes in the environment in the form of pollution and perturbation that cause widespread damage to the living organism in the biosphere. The result is the disruption of ecological balance, a growing threat to the entire life support system, which is rapidly facing extinction.

In order to assess the changes caused by human activities, effective and reliable monitoring systems are required to recognize and predict hazardous effects. Life is the best indicator of environment. Biological methods can be successfully applied in predicting the impact of human activities particularly of pollutants well in advance since they present effective and reliable method of evaluating the effect of anthropogenic substances on living organisms. Thus microbes, plants, animals, cell organism, organs, individual, populations, biotic communities and ecosystem show different levels of sensitivity and can be successfully employed as ecological indicators (bioindicators) to assess and predict environmental change in a timely manner.

Thus organisms, chiefly plants, species, communities or even systems serve as a measure or index (indicator) of the environment. If plants serve as indicators, they are called plant indicators. Each response is the effect of some factor or factor complex (interacting factors) acting as a cause and is, therefore, the indication of this factor. It is thus evident that every plant is a product of the environment. Dominant species in an area are most important indicators, as they receive the full impact of the habitat for over longer periods. Consequently, plant communities are more reliable indicators than individual plants. Plants are indicators of conditions, processes and uses. Large species serve as better indicators than 'eury' species. Numerical relationship between species populations and whole communities are more reliable than single species. Some of the obvious cases where plants and to some extent animals also. Serve indicators of some

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characteristic types of environmental conditions are as follows: -

1. Indicators of potential productivity of land: Forest serves as good indicators of land productivity. For example, vegetative growth of trees like species of *Quercus* (*Q.marilandica*, *Q.Stellata*) is comparatively poor on low land or sterile sandy soil than the normal soil in which they grow under natural conditions. Indicators of agriculture: Native vegetation of particular region is the safe criterion of agriculture possibilities. Thus, plants growing under natural conditions provide in formations on capabilities of land for crop growth than those obtained through meteorological data or soil analysis
2. Indicators of climate: Plant communities characterized of a particular region provide information on the climate of that area. For instance, evergreen forests indicate high rainfall in winter as well as summer, sclerphyllous vegetation indicate heavy rainfall in winter and low during summer; grasslands indicate heavy rains during summer and low during winter; xerophytic vegetation indicate a very low or no rainfall in the year.
3. Indicators of soil type and other soil characteristics: luxuriant growth of some taller and deeply rooted grasses like *psoralea* indicates a sandy soil. *Rumex acetosella* indicates an acid grassland soil, whereas, *spernacoce stricta* the iron –rich soil in the area. Plants like *chrozophora rotter*, *heliotropism supinum* and *polygonum plebejum* grow better in low-lying lands. *Shorea robusta*, *cassia obtusifolia*, *Geranium sp.* and *imaptients sp.* Indicate proper aeration of soil. Grasses like *saccharum spontabeum* prefer to grow in poorly drained soils. Plants are *artemisia tridentata*, *Kochia vesrita*, *salicornia utahensis* and *s. rubra* indicate saline sails. *Capparis spinosa* and *Carissa spinanum* indicate intense soil erosion
4. Indicators of fire: Some plants as *Agrostis hiemal is*; *Epilobium spicatum*, *Pinum contorta*, *Populus Tremuloides*, *Pteris aquiline* and *Pyronema influence* (Fungus) dominate in area destructed by fores. *Pteridium spp.* In particular indicate burnt and highly disturbed coniferous forests.
5. Indicators of petroleum deposits: Borrowing May fly (*Hexagenia*) indicates proper oxygen regimes in the water.
6. Indicators of pollution: Plants like *Utricularia*, *Chara*, *wolffia* prefer to grow in polluted water, Bacteria like *Escherichia coli* also indicate water pollution. Presence of diatoms in water indicates pollution by sewage. Movement of fish catla, *Labeo Goni*, *L.Bata*, *L.Rohita* and *Natoptenus psopterus* away from the water indicates industrial pollution of water.
7. Indicators of overgrazing: Annual weeds and short –lived perennials like *Chenopodium* and *Polygonum* etc grow better in over grazed areas. Frequent visits of the areas by animals as cattle,

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horses, sheep's, goats etc also indicate that the area is under intense grazing.

Biological methods of monitoring may provide information about the state of environment due to their following characteristic feature at different forests: i) Microbes, plants and animals have the ability to accumulate a hazardous substance occurring in the environment. They may thus indicate the presence of such a substance ii) life process of different organisms can be used to evaluate the action of environmental pollution and that of a given pollutant .iii) changes in the pollution of species and in the structure of the system can indicate the level of environmental deterioration.

Biological Monitoring Programme:

Releasing the need of biological monitoring, the international Union of Biological sciences (IUBS) , in its XXI General Assembly, held in Ottawa , Canada in 1982, decided to initiate a worldwide programme for identifying and applying biological indicators in environment monitoring particularly to evaluate the effects of hazardous substances on ecosystem. The IBUS recognizing the importance of Bioindicators Programme constituted an International Steering committee headed y Professor J. Salanki of Hyngary. The objection of this programme are as follows:- i) To encourage scientists as well as scientific bodies to develop and improve methods indicative of hazardous substances occurring in the environment. ii) To collect information of existing methodology of bio indicators iii) To improve exchange of experience between different laboratories to help dissemination of recent knowledge among different countries. Iv) To provide literature about bio indicators including different reference lists general description of methods and practical manuals suitable for disturbing to interested bodies. v) To promote interdisciplinary and international cooperation in standardizing and extending the use of agreed methods. vi) To stimulate scientific bodies to encourage the presentation of new results concerned with bio indicators at international meetings and vii) To organize special regional or international symposia, workshops and seminars in cooperation with national bodies or other organizations on the methods, new results and their application.

Keeping in view the increasing importance of bio indicators in environmental monitoring, the Indian National Science Academy (INSA), New Delhi in association with IUBS organized an International Symposium on Biological Monitoring of the State of the Environment (Bio indicators) as a part of its Golden Jubilee Year Celebrations , from 11.13.October, 1984 at New Delhi.

Bio indicators and Environmental Monitoring

Bio indicators of soil, water, air pollution provide information for developing suitable programme for Bio monitoring, Bio indicators provide a practical way of assessing the health of environment. The term bio

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indicators covers a wide spectrum of organisms serving as indicators of environment. The most rational way of the use of biological systems as indicators of environment is to employ those organisms, which in their presence and in all features of their phenotype and physiology, serve as an index of their environmental status. Undoubtedly, they indicate the level of pollution, but more important is the fact that they provide a clear insight into the composition of their substratum. Thus both the positive and negative facets of the environment can be monitored through biological systems. A bio indicators actually indicates the general toxicity of the environment, without telling the exact physical or chemical methods are to be supplemented to understand the exact chemical responsible for pollution.

There are varieties of biological systems, which can be used as indicators of harmful anthropogenic substances. The IUBS programme divided these systems into the following six groups:- i) Microbiology ii) botany iii) Zoology iv) Cell Biology and Genetics v) Comparative Physiology and vi) Hydro biology. We shall consider each of the systems briefly here.

i) **Microbial Systems:** Microbes are rapid detectors of environment pollution both in water, soil. There are microbes, especially sensitive to some substances while others take part in decomposition of pollutants. The elimination (of sensitive spp) or abundance (tolerant and involved in breakdown of pollutant) of species can indicate changing environments. Alteration of microbial communities and reduction of species diversity can be the result of the presence of specific toxic agents. Microbial muds from continental and intercontinental water bodies serve as ideal tools for detecting several compounds including Sulphur. The detection of polar lipids of archaeo bacteria in petroleum belts and sediments is an elegant monitoring system. *Salmonella typhimurium*, other bacteria and fungi *Neurospora* and *Aspergillus* provides excellent for monitoring genetic effects of physical and chemical agents. Several microbes are used in assessment and prediction of changes in marine environment induced by human *Pseudomonas*, *Clostridium*, and *Streptococcus* etc. Cyanobacteria are used as activites. These include *E. Coli*, *Vibrio Spp*, *Aeromonas sp*, bio indicators of soil pesticides. For instance *Nostoc microscopium*, *halosiphon welwitschii* and *H. confervans* indicate the pollution of Dithane, Deltan, Aldrex, BHC –Rogor, Phorate etc.

Some filamentous fungi, yeasts, actinomycetes and bacteria are used to monitor oil pollution (oil spillage). *Sclerotinia basidium*, *Mortierella spp*, *humicola*, *verticillium spp*, are able to utilize waste oil. Fedoraketal (1984) isolated about 74 yeasts and 224 filamentous fungi from marine water and sediment samples. These included *Penicillium spp*, *Candida quiller mondoo* and *Aureobasidium* pollutants, which utilize oil fractions.

i) **Lower plants:** Both from pollution as well as survey of resources, different groups of plants indicate

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the nature of the environment. The susceptibility or resistance towards a substance in the environment varies with species. For instance, lichens due to their susceptibility and resistance to different environment effects, are ideal monitoring agents. There are some lichens which can thrive only in the unpolluted air where as others are resistant even to the most polluted systems. The wide variety of lichens including different species of *Lecanora* are good indicators of broad spectrum of environment. The presence of SO_2 and fluorine in atmosphere is indicated by lichen thalli. Even the dead thalli are capable of absorbing fluorine and heavy metals including lead. Lichens are also utilized for survey of long life nuclide like cesium 137, strontium 30, released from nuclear explosions. Various algae are excellent monitors of environment. *Ulva* and *Enteromorpha*, are used in monitoring the water quality of estuaries. Heavy metal pollution of water is monitored by algae as *Cladophora* and *Stigeolonium*, the former is completely absent, whereas the latter shows abundant growth in waters polluted with heavy metals. *Chlorella* is used to monitor toxic substances in water bodies. Some algae, as *Dunaliella teretifolia*, *Skeletonema costatum*, *Cryptosphaera carterae*, *Amphidium carterae*, *Cyclotella cryptica*, *Pavlova lutheri* etc are used as indicators of oil pollution (oil spillage) "Moss Bags" epiphyte lichens and mosses have been used for monitoring air pollution. They accumulate heavy metals.

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iii) Higher Plants:

Various higher plants serve as bio indicators. Sensitive species are employed to detect and monitor air pollutants. Tolerant (indicator) species are used to determine the incidence of particular soil condition. Studies on plant have more often been directed specially to monitoring heavy metals in water. There is extensive literature on higher plants as indicators of air and water pollution. Different species have been used for detect and monitor gaseous (as SO_2 , O_3 , nitrogen oxides) as well as heavy metal pollutants (Al , Ca , Co , Cu , Zn , Cd , Pb , Hg , Mo , Mn , Ag). The zinc tolerance of *Anthoxanthum* spp, copper tolerance of *Agrostis*, lead tolerance of *Festuca* and cadmium tolerance of *Impatiens* are well known examples. These plants are not only indicators but also as pollutant scavengers. Studies are very useful in locating new areas of

mineralization. A wide spectrum of phenotypic, metabolic and anatomical changes in the plant system reflect the nature of the compounds to which the plants are exposed. The weathered flakes of tobacco or chlorotic flakes of pine needle are good examples of ozone damage. The collapse, grazing and bronzing of leaf cells are products of damage by peroxyacetyl nitrate. Several physiological and anatomical parameters are taken into account. For example; inhibition of photosynthesis and enolases is associated with fluorine damage.

Bleaching of perianth and stamen injury are indicators of mercury poisoning. The nature of stomata, pigmentation, chlorosis and bleaching are generalized effects through bio indicators. Activities of several metabolites and enzymes are excellent indicators of environmental effects. Tiagi and Aery (1985) have presented a list of some of the well-established plants as indicators of heavy metals.

iv) Animal System :-

Individual species or whole community provides data on accumulation of chemicals in animals. Accumulation occurs to different extent in different organs. Accumulation of chemicals within food chains and consequently higher levels of toxicity in human foodstuff are indicated by selecting a suitable species for routine study. Fish, Daphnia, Silver Carp etc are used to monitor heavy metal and pesticide pollution levels in water. Zooplanktons as rotifers and cladocerans are used as indicators of fresh waters. Earthworms are good bio indicators of soil radioactive. v) Aeroallergens:

They include aerial flora and fauna. Air is medium of transport of flying animals, germs of infection biologist mainly for its bearing on human allergy and plant pathogenicity. Pollen grains are pollutants causing pollution. Pollen grains are considered as omnipresent (occurring everywhere around the globe) and thus good bio indicators in monitoring programmes. Nair (1985) presented an account of bio indicators of air borne plant materials.

diseases, plant and animal parts, fungal spores, pollen grains etc. The monitoring of air borne pollen and spores and related micophytoplankton such as trachieds, cuticles, algal filaments, insect scales and wings has received special attention of aero biologist, mainly for its bearing on human allergy and plant pathogenicity. Pollen grains are pollutants causing pollution. Pollen grains are considered as omnipresent (occurring everywhere around the globe) and thus good bio indicators in monitoring programmes. Nair (1985) presented an account of bio indicators of air borne plant materials.

vi) Human System

Blood and urine along with others are used for exposure to toxic compounds. However, such an analysis bristles with the limitation of monitoring capacity being restricted to recent exposures. On the other hand hair from head, can trap metallic vapor and dust over a long period of time due to their affinity with hair protein.

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Thus samples as old as 2000 years could be successfully analysed.

vii) Cell biology, genetics and comparative physiology:

Cellular and sub-cellular components, even chromosomes, adapted to specific environmental conditions, form an excellent parameter for bio indicators. Both short, and long term test systems have been developed in vitro as well as in vivo monitor changes by different environmental agents. Grover et al (1985) presented an account of monitoring environmental chemicals by chromosomal aberrations in plants.

Many animals show behavioural responses following detect of environment changes by their sense organs. A chemical may influence the functioning of endocrine, nervous, muscular, cardiovascular and excretory systems.

Such changes may be investigated at morphological, biochemical or physiological levels and can be investigated at morphological, biochemical or physiological levels and can indicate the presence of toxic substances. Details of environmental monitoring may be found in SCOPE-1 (1971) Scope-3 (1973) and IUBS-INSASymposium (1985)

ALL THE NOBLE THINGS OF THE WORLD ARE AT DISPOSAL OF A HIGHLY EVOLVED VEDANTA.

V E D A N T A

*Arguments throw heat on the Subject,
discussions throw light on the Subject.*

*Arguments show Who is right,
Discussions show What is right."*

*"Greater the obstacles,
more the glory in overcoming it."*

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THE SACRED CAVE OF SHREE AMAR NATH JI

Mr. Sanjay Pandita



The sacred cave of Sh. Amar Nath ji Maharaj is located at the top of the Sind valley in Kashmir at an altitude of 13,500 ft. There is Ice Lingam of Bhagwan Shankar ji along with Mata Parvati ji and Shri Ganesh ji. This Ice Lingam in the world has been worshiped since early times. This worship of Ice Linga has been recorded by Kalhana in his book "Raj Tarangini" and in "Nilmatpuran" and other historic documents. One of the important views pertaining to the formation of Ice- Lingam is that Parvati ji was very much eager to learn the secrets of life and immortality from Bhagwan Shankar ji. She requested Bhagwan Shiva to disclose the same to her. Lord Shiva went to Himalayas along with Parvati ji and took rest in the holy cave and told her the secrets of life and got himself changed into the Ice Linga. By chance a pair of pigeon over-heard the secret and became immortal (Amar). Legend says that a pilgrim who performs a holy dip in the Amar Veyth Sangam Panjtarni in ancient times gets pardon for his sins. The yatra of Sh. Amar Nath ji is considered more auspicious than the yatra of Kashi ji.

This holy cave though situated in the Sind valley has been approached traditionally from the Lidar (River Lambodarey) valley. Some of the important places where yatras had to cross, during the yatras from Anantnag to the holy cave are Martand, Aishmuqam, Ganesh-Pora, Batakote and the main headquarters Pahalgam. From Pahalgam to the holy cave first come Chandanwari (9220 ft.), Sheshnag (11330 ft.), Panjtarni (12611 ft.) and Amaravati. Between Sheshnag and Panjtarni the pilgrims cross from Lidar valley to Sind valley at the pass of Mahagunus (13835 ft.) The Sind valley route bifurcates from Srinagar Leh road to Baltal. From Baltal to the holy cave the distance is no doubt very short but very difficult and sometimes impossible due to melting of snow bridges over the Sind river. Now with the construction of a bridge path recently by the army and border roads organization this route has been used by the yatris throughout the summer.

A man who belonged to Malik Dynasty of village Batakote discovered this holy cave. It is said to have been re-discovered according to some by 1775 AD and according to others by about 1600 C.E quoting old Kashmiri Pandits and Maliks without any authentic documentary evidence.

Kalhana writes in Rajtarangini, Tarang II, an Arya Raja, 34 BC, and 17 AD a great devotee of Shiva



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who rose from the post of minister to the king of Kashmir used to worship a Linga of Snow above in forests during the delightful summers. Badshah Sultan Zain-ul-Abdin (1420 AD-70) the pious Muslim ruler of Kashmir has also visited Amarnath ji cave as per his chronicler, Jonaraja. Pilgrimage was going on during the Sikh rule long before Maharaja Gulab Singh appeared on the scene. The holy yatra continue for two months up to Raksha Bandhan.

Every year the place attracts large number of pilgrims particularly on Sawan Puranmashi occasion. The sacred silver mace (Charri- Mubarak) is taken out from famous Dashnami- Akhara, Srinagar by Shree Mahant ji of this Akhara. Thousands of devotees participate in colorful procession. A great number of sadhus also participate with loud voice of Aarties and Bhajans like "Jai Shankar, Jai Barfani Baba Ji. The holy- mace reaches after a week's time at the holy cave on Sawan Puranmashi. There is broad based participation by civil and military administration. Special care is taken to provide every facility and security from Dashnami Akhara to the place of shrine. Special buses are put on the route from Jammu to Pahalgam and Baltal and care is taken to provide secure and safe living conditions. There are various "Bandharas" from the well off persons for the yatris during the yatra season at the various padavs (places).

Now, this holy shrine is under the control of Sh Amar Nath ji Shrine Board". The Hon'ble Governor of the J&K state is the Chairman of the Board. All the developmental works of the holy shrine like construction of sheds for yatris at various padavas, construction of tracks from both sides (Baltal to the holy cave and Pahalgam to the holy cave) arrangement of water supply electricity medical assistance, tents and other facilities provided by the board. The State Govt. also performs such duties. There is also a helicopter service for yatris from Srinagar to the holy cave. Prior to the formation of the "Shrine Board" in 2001 AD the offerings both in cash and kind the holy cave distributed to Mahant ji, Pandits, Pujatris and Maliks of Batakot as per the tradition. Now, it is collected by the Shrine Board and is used for its developmental works and a percentage of it is given to Maliks also.

(JAI SHREE AMARNATH JI MAHARAJ)

I can't understand how anyone can write without re-writing everything over and over again. I scarcely ever re-read my writing' but if by chance I come across a page, it always strikes me. All this must be re-written; this is how I should have written.

(Leo Tolstoy)

WATER POLLUTION A SERIOUS PROBLEM

Mrs. Bindu Verma

*“Our liquid planet grows like a soft blue sapphire
in the hard – edged darkness of space.*

There is nothing like it in the solar system. It is because of water.”

John Todd

Water is an essential element that makes life possible on earth. Without water there would be no life. Although 71% of the earth's surface is covered by water, only a tiny fraction of this water is available to us as fresh water. About 97% of the total water available on earth is found in the ocean. The remaining 3% is fresh water of this 2.997% is locked in icecaps or glaciers. Thus only 0.003% of the Earth's total volume is easily available to us as soil, moisture, groundwater and the water in lakes, streams, rivers and wetlands. As human population has increased, so has the deterioration of the world's water resources.

Water pollution is defined as an addition of foreign substances (organic, inorganic, biological or radiological) to water or change in its physical property (temperature that constitutes a health or otherwise makes it less fit or unfit for use). Water pollution occurs due to pollutants, which can be classified into 3 categories

- 1 Physical pollutants: These include heat and oil spills.
- 2 Chemical pollutants: These include wastes, pesticides, polychlorinated biphenyl's, inorganic chemicals such as cadmium, mercury, lead, nickel, nitrates etc
- 3 Biological pollutants: These include viruses, bacteria, algae, protozoa etc.

Sources of water pollution:

Natural sources: Soil particles enter water due to soil erosion, minerals get dissolved in water from rocks and soil, animal wastes and dead leaves fall into water sources. Decaying of organic matter also pollutes water.

Man made sources: Man is the main cause of water pollution; various man made sources of water pollution include organic waste, soaps and detergents inorganic chemicals from agricultural fields having pesticides

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and fertilizers. Water pollution has reached alarming proportion in the recent years in large cities and industrial areas.

Types of water pollution:

Water sources receive 6 main types of pollutants: Organic wastes, pathogenic organisms.

1. **Organic wastes:** domestic and commercial sewage and effluents of paper mill, food-processing plants, dairy farms breweries etc contribute organic wastes. Dissolved oxygen has been a fundamental requirement of life for the plant and animal population in any water body. The primary cause of water de-oxygenation has been like presence of substances collectively called oxygen-demanding wastes. These are substances easily breakdown or decayed by bacterial activity, and thus, the presence of such material quickly give rise to deputation of dissolved oxygen.
2. **Pathogenic organisms:** It has been known that contaminated water is responsible for the spread of contagious diseases. In a famous study published in 1849, *Dr John Snow* provided some of the earliest evidence of the relationship between human waste, drinking water and disease. He noted that individuals who drank water from a particular well on Broad street in London were more likely to become victims of a local cholera than those from the who drank from a different well. He not only found a likely source of the contamination, sewage from the home of a cholera patient, but he was able to effectively end the epidemic by simply removing the handle from the pump on the Broad street well. Pathogens are diseases producing organisms that grow and multiply within the host. Eggs of pathogens include bacteria, responsible for cholera bacillary dysentery, typhoid and paratyphoid fever, virus responsible for infectious hepatitis protozoa, which cause diseases.
3. **Inorganic wastes:** Inorganic wastes reach water in farm run off, bathroom water and industrial effluents.
1. **Rainfall exceeding the soils and water:** Holding capacity drains into watercourses, carrying dissolved chemicals with it. Leeching from fields often called farm run off, constitutes the agricultural source of water pollution. It brings fertilizers (Urea, Potassium phosphates), pesticides and insecticides.

Effects of water pollution:

Pollutants affect by causing physical and chemical changes in water. Their main effects are:

- a) Pollutant makes water unfit for domestic and industrial use.
- b) It also makes water harmful to living organisms.
- c) Organic sulphur compounds hamper nitrification
- d) Excessive additions of chemicals make soil unproductive.

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Control of water pollution

Taking bath and washing clothes directly in ponds, tanks and streams, which supply drinking water for humans, should be prohibited.

Separate ponds and tanks should be reserved for the water supply to cattle and other animals.

Overuse of fertilizers and pesticides should be stopped.

Hot water should be cooled before released from factories.

American chief, Seattle is believed to have said, when all the eagles and fish are gone and the water killed by pollution, on then will we realize that money cannot be eaten.

Character is a bi product; it is produced in the great manufacture of daily duty
(Woodrow Wilson)

*"Show the Children Love,
tenderness, gentleness, patience & respect, & they will treat
others likewise"*

*Being ignorant is not so much a shame
as being unwilling to learn to do things the right way.*

MY INTERACTION WITH NATURE

Ms. Anjali Bhatt



Since my childhood I had been hearing from my daddy about Sheshnag and had been dreaming of visiting it and seeing it with my eyes. This was the Lake by which I had been captivated much and by it I had been transported into an imaginary world. It was, therefore, joyous news when my dad told me that we were visiting the bewitching lake this year (1997)

It was the second week of July. We left our village for Pahalgam. The down valley was scorchingly hot and Pahalgam too was hot during the day; but its ever-blowing breeze never let us feel that Pahalgam was hot. We dropped at the tourist office at Noonwan (Phalgam) we got a pack pony reserved. Also we got a tent reserved at Chandanwari and Sheshnag. We left pahalgam on July 11 at 5 a.m. For Chandanwari and Sheshnag we left Pahalgam on July 11 at 5 a.m. for Chandanwari (16 Km from Pahalgam, altitude 2895 mts.) Our way lay along the Sheshnag nala (Lidder), which flowed, with a roar over the boulders making milky falls here and there.

As we went on and on, the green lush green pine forests grew denser and denser on our right across the nala, up to the top of the hills. Soon the sun started peeping through the pines, making the forest covered hills and high naked mountain peaks all vernillion. The flowing waters too turned golden in the morning shine. We moved on and on watching the bewitching morning scene around. It took us about six hours to reach Chandanwari. At about 11 a.m. Chandanwari greeted us with all pervading roar of the Sheshnag nala which embraced the Astanmarg nala near the long wooden bridge at Chandanwari.

Chandanwari is a small valley surrounded by tall mountains; all clad either with birch trees in the upper reaches with fir-trees on the lower slopes. We had already got a tent reserved. We unloaded the pack pony, set him free to graze in the meadows nearby. We set everything in order in the tent and went to the Sheshnag nala to have a bath. We had a camera with us, first we took some photographs of the nearby forests covered hills and then took some photographs of the Gojors camped across the nala in dohks after taking a cold bath in the icy waters of the nala, we came to our tent. We prepared Kahwa and enjoyed hot sips of it, which warmed us. Then we prepared our meals on a stove we took our meals and went on along round in the valley of Chandanwari. Here we saw long rows of stalls set up on either side of the road leading to Pisubal (Pisu top is 3 Km from Chandanwari, its altitude is 3377 mts.). The stalls had been set up by the local Gojars



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and some kashmiries for the sale of all the edibles and other things for the yatris of Amarnath they make a brisk business in the season. The bakerwalas were seen in hundreds with their poneys which are provided to the yatris for carrying the load and even for riding. We made some shopping there and prepared ourselves for the next day onward journey.

The evening in the valley of Chandanwari has a unique charm. When the rosy colours of the floating clouds fade, the ponywalas settle down around their burning choolas the (hearths) In the cold evening hours. They prepare tea and the evening meals the scene of burning Choolas here and there and chatting of the people around them till late in the night goes on one side and the roar of the violent nalla pervades allover, on the other side. goes on one side and the roar of the violent nalla pervades allover, on the other side. gives a charming hustle and bustle to the otherwise calm valley. The human activity

On the 12th July we set out on a long and tedious journey to Sheshnag. Again our way lay along the right bank of the Sheshnag nala. After trekking some a Km we reached the foot of Pisu Hill. Now our journey up the slopes of the hill started We moved up and up with cautious steps along the meandering sloppy path. We walked some 100 yards stopped and moved again gasping while gaining the heights of Pisu, till at last we came upon the top of the hill. Lo it was all bewitching allover the sky high peaks of the mountains around us. The peaks were bathing in the morning rosy colours. The highest tops were footed with meadows in the newly born verdure and with the melting lines of snow. The waterfalls were falling and pausing along the mountain slopes. It was a magical world with magical scenes around us and we were all in ecstasy.

Now our way from the top of Pisu lay down the dusty slopes. The hoofs of the poneys had turned the Kaccha path into heap of dust. We went down and down watching the hills, which were without the forest cover because of the high altitude, but still we could see some distant high hill tops covered with birch trees and vethor (A Thick shrub, all green). Here too the path was dotted on either side with stalls where we could have some refreshments like the pine- apples, oranges or mango juice in packets and bottles.

After trekking some 7 km we reached Zojipal, where there was a big camp of the Kashmiri police to guide the pilgrims. From. Zojipal states, the upward journey again while moving up we came upon a spot called Naga Kote (Naga Kote is 9 Km form Chandanwari) where a nala comes down forming a beautiful and high cascade the slopes around the cascade were covered with many wild flowers in all the hues yellow, blue, violet, red, —. We sat near the fall took as many photographs of it as we liked. Now we again came upon the right bank of the Shehnag nala. Here the nala appeared for some hundred meters, and then it hid itself under a thick cover of snow and then appeared again with a roar. We moved on and lo! our eyes fell on the lake in a distance. It looked some milky and much blue. It was Sheshnag (Sheshnag is 12km form Chandawari, its altitude is 3352 mtr). Daddy informed me, it was calm spread over a vast experience at a foot of high precipice mountains, all covered with snow. The lake was fed by many mountains streams coming form all the sides

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swelling its rippling bosom to wash its vast sandy banks. We stopped at a place commanding the distant view of the lake. We watched and watched its charming rippling beauty and then moved to Wawjen, which was some one km. from the spot. We had to camp at Wawjen for the night, as there are no campings facilities on the banks of Sheshnag. Wawjen commands a magical view of the lake and the snow covered mountains peaks stand just above the lake, reflecting them in the vast expanse of the lake.

It was 8p.m. the darkness was shadowing the mountains around us. We came to the bank of the lake as if it had called us and we had heard the call. We came, we sat and we watched and watched the beauty of the lake in the falling shadows. Soon the beams of the moon began bathing the highest peaks around the lake and these beams took about an hour to reach the rippling bosom of the lake. The lake shimmered and shimmered and we were rapt watching the magical scene. How rapt we were! We could hardly sense the late hours of the night and the cold, which had almost benumbed us. Then, we returned to warm ourselves in our cozy tent.

*The aim of education is neither national efficiency nor world solidarity,
but making the individual feel that he has within himself something deeper than intellect,
call it spirit if you like.*

Dr. S. Radhakrishnan

*Start by doing what is necessary, then what is possible,
& suddenly you are doing the impossible*



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IMPACT OF URBANIZATION AND INDUSTRIALIZATION ON ENVIRONMENT

Ms Soni

Environment is not atmosphere and other physical factors surrounding, but is complex of all factors which not only affect one organism, one time, but all organisms all the time. In a larger sense, environment constitutes the various physical, mental, social, spiritual, educational, economic and intellectual aspects of whole humanity when kept healthy and inspiring, it promotes the progress and development of mankind. No doubt, air, water and land are the basic components of environment. It is in this context that we try to deal with, environment should not be looked upon from its narrow aspect only.

Throughout the world, industrialization and urbanization are considered as the prime causative factors of environmental problems. Industrialization and urbanization have impaired our eco system with their quest for growth without limits. It has resulted in the pollution of air, water and soil besides over straining the natural resources. The developmental process initiated by man to improve upon his life disrupt the ecological balance with overuse of natural resources, ultimately proving itself against the desired goal of mankind. Undoubtedly, environment and development are closely inter linked, but the question remains, can development be achieved by impairing the resource based on environment?

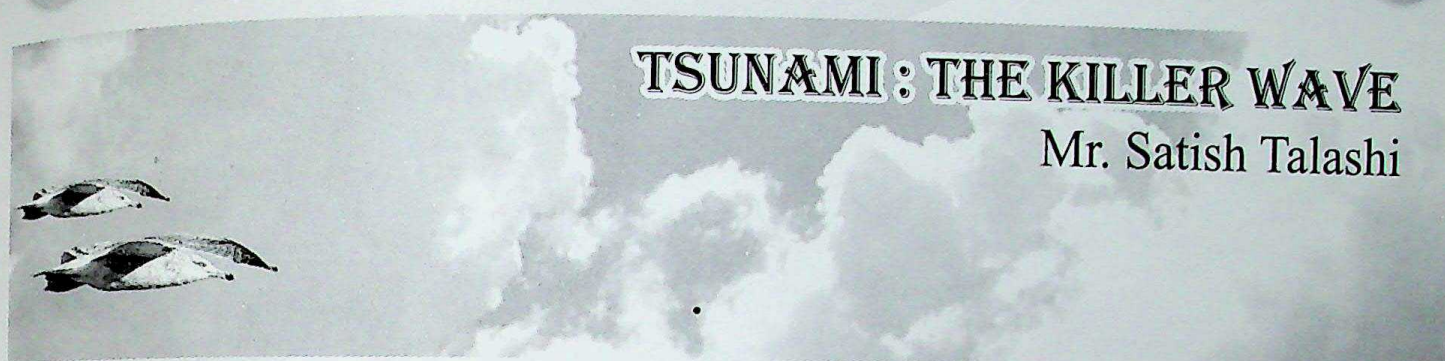
Rise in industrialization has created an environment in which life has become physically and mentally unhealthy. Industrial waste, polluted air and increased concentration of carbon dioxide have aggravated the health problems especially of pulmonary diseases like chronic bronchitis, problem of breathing and suffocation. The stress to catch up with the growth process sometimes rather, often leads to mechanical or human failure that plays havoc with human lives and environment. The Chernobyl gas leakage, Bhopal gas tragedy (Dec 1984) are some of the ghastliest examples of such possibilities.

In this way, the process of urbanization and industrialization has created multiple problems for modern civilization leads to rapid depletion of natural environment.

Self-culture consists in not being elated at getting the agreeable & dejected at getting the disagreeable. Viewing both with equanimity is yoga

TSUNAMI : THE KILLER WAVE

Mr. Satish Talashi



The tsunami disaster that has killed over 150,000 lives in South Asia was triggered by world's biggest earthquake in four decades, epicentered 250Kms South-East of Banda Aceh in Sumatra in Indonesia on the morning of December 26 2004. Several countries in the region were severely struck by it. These include India, Srilanka, Indonesia, Thailand, Malaysia, Somalia and Bangladesh.

Tsunami

Tsunami is a Japanese word, which means tidal waves and is pronounced as "su—nam—ee". Seismic disturbances, coastal earthquakes, and volcanic eruptions in or under—sea landslides that shake the ocean floor usually cause these waves. A Tsunami is not a single wave but a series of waves that can travel across the ocean at speed of more than 800 Km an hour. In the deep ocean hundreds of miles can separate waves crest and many people have lost their lives during Tsunami after returning home thinking the waves had stopped.

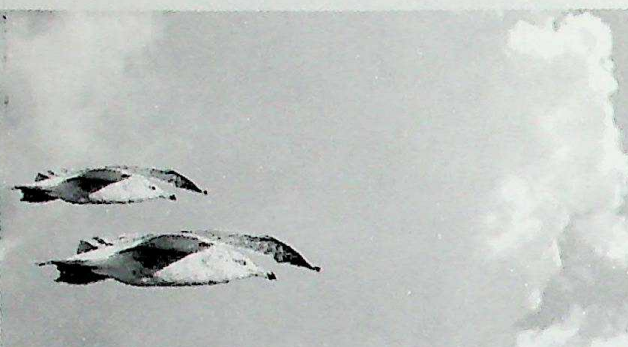
OCCURANCE

Tsunami is a phenomenon in the Pacific ocean region stretching from Chile in Latin America to Japan in far East-Asian countries—the other being Indonesia which has been frequently hit by Tsunami. According to the reports available a few major Tsunami have hit Indian Coastal region. The eruption of Karkatoa Volcano in Indonesia in August 1883 had its impact on the region. Earthquakes in January 4, 1907 in Indonesia and in June 26, 1941 in Andaman's also gave rise to Tsunamis. An earthquake on November 27th, 1945 located about 100 Km south of Karachi in Arabian Sea also generated a Tsunami; Therefore, Tsunami is not new to India. The Tsunami on December 26, 2004, which had its epicenter 250, Kms Southeast of Banda Aceh in Sumatra in Indonesia brought havoc in India and Sri Lanka. The other countries, which too suffered serious destruction and human casualties, were the Maldives, Thailand, Bangladesh and Indonesia. More than 15,000 people were killed in India and Srilanka.

In India the Tamil Nadu coast and the Andaman and Nicobar Islands took the brunt of the Tsunami or the killer wave- strikes. The death toll in Tamil Nadu stood more than 3,500 including 160 deaths in Chennai. About 2000 persons were killed in Nagapatnam, district alone that has been a victim of cyclones year after year. The majority of those killed were women and children especially fisher folk or the tourists who were on beaches. The waves that were several meters high lifted up Catamarans and fishing vessels and left them several hundred meters away from the shore.

A successful man is one who can lay a firm foundations with the bricks that others throw at him.

(David Brinkley)

SECTION - I
ENVIRONMENTENVIRONMENTAL POLLUTION
AND OUR HEALTHAmandeep Kour
Section – E, Roll. No: 305

A large number of diseases are the result of the degradation caused by man to his own environment. Ozone layer depletion, acid rain, climatic change, chemical pollution is some examples of man-made wounds to our planet. There is evidence, of a very strong relationship between health and environment. We are threatened with three kinds of pollution these days. These are: air pollution, self-pollution and mental pollution. The living condition of cities in our country have worsened due to rapid industrialization and unplanned congested housing. It is well accepted that occupational exposure to carcinogenic chemicals such as P.V.C., benzene, and hydrocarbons present in polluted air lead to cancer of lungs, kidney and urinary bladder and liver. A major reason for increasing air pollution is rise in number of vehicles and coal based thermal power stations that operate within the city.

Self-pollution due to smoking is biggest preventable menace to mankind. Smoking has been rightly termed as the most hazardous human affection and biggest single risk factor for heart attack, cancer and other degenerative diseases. Unhappy, distressing thought and thought of jealousy, hatred, anger, greed, lack of contentment and ego all are termed as mental pollution. They are responsible for release of unhappy and jittery molecules and chemicals like adrenaline and non-adrenaline, which increase the heart rate, constrict blood vessels, and raise blood pressure.

If all the three types, and inner environmental pollution are present in a particular individual the risk of heart disease, cancer or other degenerative disabilities increases manifold. The underlying causes of all three types of environmental issues have to be dealt; otherwise our objective of positive health will remain a distant dream.

ENVIRONMENT

BIO-DATA OF LEOPARD

Deepak Gautan

Roll No 251, Section E

Name: Hi, my Latin name is Panthera Pardus, Leopard, by the way, we are also called panthers and tendua in Hindi.

Add: I was born in a rock crevice along with four others (two to five cubs are born to female) Leopards are found in a lot of other places- Africa, The Middle East, Siberia, Korea, Srilanka and Java. We are found in deserts and forests, plains, and mountains in almost every habitat and it is because of our adaptability that we have been able to survive.

Vital Statistics: I have excellent sense of hearing and sight and my sense of smell is pretty good too. Like all leopards, I have a round head, short nose and a long, thin tail. When I grow up my claws will be extremely sharp and long, and my teeth stronger than those of lions. Did you know that no two-leopard skins are same and that the shape and distribution of the spots vary according to the regions where we are found? Male leopards are about 2.13m. Long while females grow about 1.8m long. The average weight of male is about 52 kg, while that of female is about 39 kg

Behaviour: I will be quite independent from my mother by the time I am two year old. Most adults are solitary of my species. We hunt for antelope, boar and other small mammals, birds, snakes and even fish. Leopards have been known to carry prey three times their own weight high into branches.

Enemies: In the wild, tigers, wild dogs and hyenas are considered to be our enemies but the truth is that humans are more dangerous to us than any other species

FACTS ATTACK

- The wild boar is the ancestors of domestics pig.
- A giraffes tongue can be up to 50cm long.
- A Chameleon's eyes can move in two different directions at the same time.
- Elephants are the only mammals that can't jump.
- A rodent's teeth never stop growing.
- A butterfly tastes with its feet.
- Cats were first domesticated about 4000 years ago by the Egyptians who worshiped them.

PERICS OF PASSIVE SMOKING

Mr. P.N Pandita (Lect.)

Smoking is all-prevailing phenomenon. Unfortunately, this habit can have disastrous health consequences not only for the smoker but on all passive smokers as well.

The havoc caused by tsunami waves around the coastal regions of the Indian Ocean recently is unforgettable, for it left its devastating impact both on human life and property. Passive smoking is yet another tsunami in the making. If left unchecked, the impact of passive smoking results the loss of human lives and economic imbalance due to money spent on medicines, surgery and other treatments. Therefore, the need of the hour is to devise certain effective mechanism to reduce the perics of passive smoking.

Heart diseases: Evidence of a link between passive smoking and heart diseases begin to be established in mid 1980's. The reports of the US surgeon general and US National Research Council both concluded that the association between ETS and Coronary Heart disease (CHD) was biologically plausible but the epidemiological evidence was in conclusive studies by Glantz and Parmly in early 1990's, estimated that heart disease caused by passive smoking was the third leading preventable cause of death in the United States ranking behind active smoking and alcohol abuse and that non smokers living with smokers had around 30% increased risks and heart diseases. Analysis of a large sample in the United States also showed an elevated heart disease risks of around 20% in non-smokers which is very significant. It would appear that even a small exposure to tobacco has a large effect on heart disease, with further exposure having a relatively small additional effect. New research has shown that even half an hour's exposure to environmental tobacco smoke by non-smokers is enough to adversely affect the cells lining the coronary arteries. The dysfunction of these endothelial cells contributes towards the narrowing of arteries and a reduction in blood flow. Unlike the risk for lung cancer, where the risk is roughly in proportion to smoke exposure passive smoker's risk of heart disease may be as much as half that of some one smoking 20 cigarettes a day even though they only inhale about 1% of the smoke.

A review by law-et-al found that non-smokers have an overall 23 percent increased risk of heart disease, when living with a smoker. The authors also found that the immediate effect of a single environmental exposure was to increase risk by an estimated 34 %. This compares with a risk at 39% from smoking one cigarette per day. While the risk of heart disease in non-smokers exposed to ETS is

proportionally large, it would appear that some of the early damage to arteries caused by smoking may be reversible in healthy adults, if further tobacco smoke exposure is avoided for at least a year. The study by Raitakari –et-al in Australia found that most improvement in the former passive smokers was evident after two years of cessation at passive smoking.

Research in New Zealand by Bonitta –et-al has revealed that passive smoking increase the risk of stroke in non smokers by 82% .By comparison, active smokers had a fourfold risk of stroke compared with people who had never smoked or had stopped smoking more than 10 years earlier and who were not exposed to ETS. In the case of lung cancer, once it has developed quitting will not eliminate it, but continued smoking will worsen it.

If a smoker quits the habit often two years, his/her risk of heart disease is closer to that of a non-smoker, certainly by around five years

NOTE: Avoiding the impacts of passive smoking

1. Parents must recognize that passive smoking causes ill health in children and that they have a responsibility not to harm their children. Tell guests and family members to smoke outside.
2. Keep your home and automobile free from passive smoke. Smoking should never be allowed in your study room or bedroom.
3. Govt. agencies should ensure that non –smoking must be a norm in all public places.
4. National and state Government should work with appropriate health agencies to inform parents about the health impacts of passive smoking on children.
5. Selling of tobacco products in and around educational institutions, hospitals, railway stations etc, should be banned.
6. Medical staff, friends and family members should support smokers who want to quit smoking.
7. Smoke free environments should be created through a combination of legislation, education and enforcement to eliminate ETS pollution.
8. All anti-smoking campaigns should be comprehensive, well-funded and sustained over time.
9. NGO's health professionals and social workers should work with parents to make smoke free environment for children.
10. Govt. guidelines for workers working at home should be amended to require them not to smoke in their homes when caring for children.

Tradition is one of the most cherished and most dangerous possessions of the human race.

(S.M Furnas)

ENVIRONMENT

POLLUTION-POLLUTION

Devraj Goswami
Class B.Ed – 175 C



Man has to find the solution
Increasing vehicles and population
Smoke, industries deforestation
Exhaust fumes from here and there
Polluting earth from everywhere.
Even making holes in the ozone layer,
Starvation and diseases are there
Pollution is causing incurable defects
Nobody is ready to take the blame
But for this man should feel ashamed,
As man is digging his own grave
If this continues,
Even God cannot save.
Mankind is in danger because of this pollution
by afforestation man can find its solution.

ATMOSPHERE PROTECTS THE LIVING FROM RADIATIONS

Name: Monika Mehra

Roll. No: 15, Section: A



The vertical profile of the atmosphere shows several concentric layers. The main layers from the surface of the earth upwards are Troposphere, Stratosphere, Mesosphere and Thermosphere. Much of the atmospheric air is present in the Troposphere. In the Stratosphere, Ozone layer is present which consists mainly of Ozone, a molecule made up of three atoms of oxygen (O_3). The sun rays at a height of about 16 km from the earth convert the oxygen present, into Ozone. The proportion of Ozone increases up to 23 km. At this height Ozone layer is the thickest.

Ozone layer is very important for all living things. It absorbs the ultraviolet radiations emitted by the sun. The ultraviolet rays are very harmful to the living organism. The Ozone layer protects crops, climate and health of human beings from many ill effects, which could be caused by ultraviolet rays. These radiations are of short wave length, which can penetrate deep into our body. They destroy the organic molecules, which are necessary for life and cause diseases like skin cancer. It acts as a protective blanket for our planet, the earth.

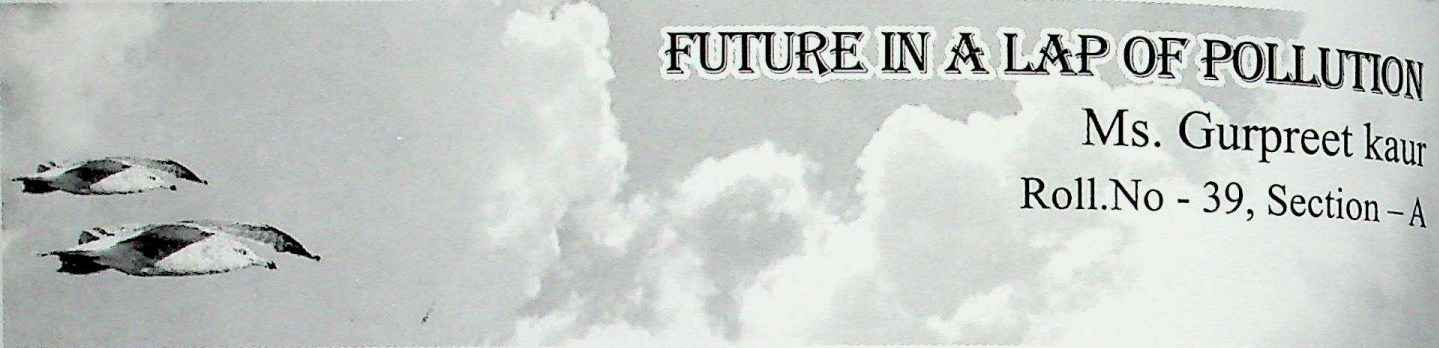
*"It is not the Load that breaks us down,
it's the way we Carry it"*

ENVIRONMENT

FUTURE IN A LAP OF POLLUTION

Ms. Gurpreet kaur

Roll.No - 39, Section - A



What a picture of nature and beauty do we get now a days when we look out of our bedroom window? Tall concrete structures, chimneys emitting black smoke, road with a flood of automobiles, dust bathed leafless trees standing along the road side, streets flooded by the open sewers and pigs catering in and around the garbage heaps our green hue of life has been devoured by the demon of pollution.

Pollution has become a way to life by, not even a single thing strikes my mind which is non-polluting home appliances like T.V, audio players, mixer grinder etc. cause immense noise pollution. automobiles cause air pollution and sewage and residual chemicals from industries cause soil and water pollution. Simple inventions, which were made for the comfort of mankind, have landed us in such a paradoxical situation that on one hand we cannot imagine our lives without them but on the other hand the ill effects of these machines are for more to come.

Pollution has disturbed our fragile ecological balance. As a result of it man is the only one who has to face the jury of nature like droughts and floods. The large number of people are getting prone to respiratory and lung ailments. Mother Nature, which once thought to be a cure of many diseases, has now been a storehouse of germs. More than seventy five percent of Indian population does not have access to clean drinking water. The use of chloro-flouro carbon in air conditioners, and refrigerators is just depleting the precious ozone layer. Excessive use of nitrogenous and phosphorus fertilizers has resulted in eutropication of water bodies and death of aquatic life.

If it continues like the way, the day is not far when we will have to really go to mars for living. It is high time to take concrete steps in this direction otherwise the results is going to recoil upon us.

ENVIRONMENT

NEED OF HOUR

Navjot

Roll no 185



Not a single tree to see,
Stealing my health from me.
River! Full of garbage and dirt,
all this weakens my heart,
Fresh air is still not found
I have searched all the ground.
Kids are asking,
What will be left for us?
What's answer? Just dust!
City full of black smoke
We can't live here folks!
Let us have a revolution,
to remove this harmful pollution,
To have trees in my dream,
Fresh water in the stream,
Singing birds and dancing flowers.
Is need of hour.
Isn't it a good dream?
Let's join to fulfill it,
To enjoy a little bit.

"They say the trees are unproductive until they are cut, that the land is needed for development. What is development? For most of us development means affluence. You have to produce more and more things for your luxury and comforts. Ultimately this tells on your resources because everything has to come from nature. You have to decide whether the development means affluence or whether development means peace, prosperity and happiness. I think peace and happiness have gone away....."

"Sunder Lal Bahuguna"

ENVIRONMENT

POLLUTION IS KILLING OFF KASHMIR'S NATURAL TREASURE

Mrs. Seema Mattoo
Deptt Of Computer Science

The Dying Dal

When Mughal emperor Jahangir first visited Kashmir in the 17th century and saw Dal lake in Kashmir, he famously exclaimed, "If there is paradise on earth, it is here, it is here, it is here" -- an opinion Indian families over the generations have endorsed by holidaying there at least once in their lifetimes.

But things have changed, Dal Lake surrounded by the snow-capped Himalayas, meadows, pine forests, cherry orchids, and saffron fields, is dying. Pollution from the nearby city of Srinagar and over-development along its shores as well as the hundreds of picturesque houseboats and the expansion of horticultural operations on the lake water itself have all taken their toll. Experts fear unless drastic action is taken, within a 100 years Dal Lake will simply become a marsh.

In a generation, the lake has shrunk by half. From being 5m deep just ten years ago it is now in places, less than 3m deep as silt and debris from the horticultural operations -- or floating gardens -- have built up and the untreated sewage, flowing into the water from Srinagar, which has only one sewage treatment plant, has promoted a massive growth of choking weeds.

The foul water is also alarming local doctors who have now branded Jahangir's paradise a health hazard. We're seeing rising cases of dysentery, hepatitis and other water borne diseases. It is not surprising to us as many tourists come to visit the area. For any one dipping their hands into the lake, the opaque water running through their fingers feels dense, almost alive.

The weed thick as ropes, shifts just beneath the surface like a monster. Fifty thousand tonnes of the stuff is believed to die off each year and sink to the lake floor -- its decomposition adding to the water's pollution load.

ENVIRONMENT

The boat ride is the best part , which the tourist like ,to many people it looks like Venice. But unfortunately this beautiful view is spoiled due to the bad smell in some areas of the lake.

For a state that has already been facing unrest due to militancy ,the slow death of Dal Lake will be another blow to local pride.

But despite some local fears about funds earmarked for sorting the lake out going astray there are hopes of a cleaner future .More sewage plant have been started , a dredging program to clear all the weeds, and the removal of the floating gardens and illegal houses.

And the Kashmir government has started to act. Two new sewage plants currently under construction will soon come on line to add to the one already in operation and giant weed harvesters- a step up from men with nets who over the years have been fighting a losing battle with thriving vegetation --now trawl the waters.



*When I'd get tired and want to stop, I'd wonder
what my next opponent was doing.
When I could see him still working,
I'd start pushing myself.
When I see him in the shower, I'd push myself harder.*

Dan Gable (Olympic Gold in wrestling)

*Ability to show courage in the face of adversity;
show self-restrain in the face of temptation;
choose happiness in the face of hurt;
show character in the face of despair;
see opportunity in the face of despair;
see opportunity in the face of obstacles.*

COLLEGE ACTIVITIES

Curricular/ Co- curricular Activities

The Academic session began on 2.5.2005 with the general orientation and then subject-wise orientation, which was given by the faculty members of the College.

2nd August 2006

Show your talent was organized in the College in which majority of the students participated with zeal and enthusiasm.

15th August 2006

Independence day was celebrated .The programme was anchored by Nishant and Sonia of B.Ed .The flag was hoisted by Hon'ble Secretary (HESK) Mr. Anil Dhar

3rd September 2006

A debate was held, the theme of the debate was "Media alone is responsible for degradation of values among youth".Virbhadra, Bhupindra, And Hanuman stood 1st, 2nd and 3rd respectively. Menon was in consolation category.

5th September 2006

The teacher's day was celebrated by the students and teachers of the Colege. The speakers highlighted the contribution of Dr.Radha Krishnan .The programme was anchored by Deepak Gautam and Pitambera

2nd October 2006

Gandhi Jayanti was celebrated with great enthusiasm and fervour. A skit on Gandhi ji was presented by the students.

COLLEGE ACTIVITIES

The aim of education is no more mere imparting of bookish knowledge but to make youth good citizens by bringing about their mental, physical and social development. That is why it has become necessary to accord a proper to the various co-curricular activities in the educational set up. These co-curricular activities are based on the spirit of co-operation and have social importance.

Sports Activities

October 2005 – 7th October 2006

Intersection cricket tournament was held in the ground of Gandhi Memorial College.

Final Match was played between section A and E. this match was sponsored by Central Bank of India. All the members of Executive Body (HESK), faculty members and students participated with zeal and fervour. A speculated and thrilling match was played between the management and the college staff.

Refresher cum orientation course on micro teaching for faculty members

On 20.10.2005 orientation programme was organized and this programme lasted for six days in which different skills of teaching were discussed in detail. A renowned educationist Dr. H.R. Shan from DDE Department of Jammu University delivered lecture on micro teaching procedure. The lecture delivered by Dr. Shan was very informative and enlightened all the faculty members.

8-21 Nov

Orientation and demonstration for Micro teaching

The general orientation alongwith demonstration on micro skills was given by the subject teachers. The students were divided into tutorial groups so that they may practice the skills effectively under the supervision of their supervisors.

22 Nov to 22 December

Demonstration on Macro teaching

The Macro teaching programme was conducted from 22 Nov to 22 December. Each group was headed by a supervisor. The pupil teacher during the practice of teaching were supervised by their respective supervisors and the concerned head of the institutions.

COLLEGE ACTIVITIES

Internship

Internship was completed by the pupil teachers in the respective schools. The students were enable to gain mastery over the skills required for maintaining and preparing the following components like school records i.e admission, attendance and examination registers, attending and organizing morning assembly, attending three staff meetings, preparation of school time table and observing 3 lessons delivered by the school teacher and then preparing a report on each component.

9th Jan 2005 to 11th Jan 2006

Criticism lessons

Criticism lessons were conducted from 9th Jan 2005 to 11th jan 2005 in which lessons delivered by the pupil teachers were critically evaluated by their respective group supervisors and feed back was given to them accordingly to make their lessons more effective and interesting.

Material provided by the College

Each student was provided with necessary teaching material.

House Test

For evaluating performance of the students the house test was conducted according to the University pattern.

*"One must be concerned with tomorrow,
should learn from the past & plan for the future today"*

The average person puts only 25% of the energy and ability into his work. The world takes off its hat to those who put in more than 50% of their capacity, and stands on its head for those few and far between souls who devote 100%.

Andrew Carnegie

Success lies in the philosophy of sustain and abstain.

Sustain what needs to be done and abstain from what is detrimental until this becomes habitual.

DIFFERENT COLLEGE ACTIVITIES



DIFFERENT COLLEGE ACTIVITIES

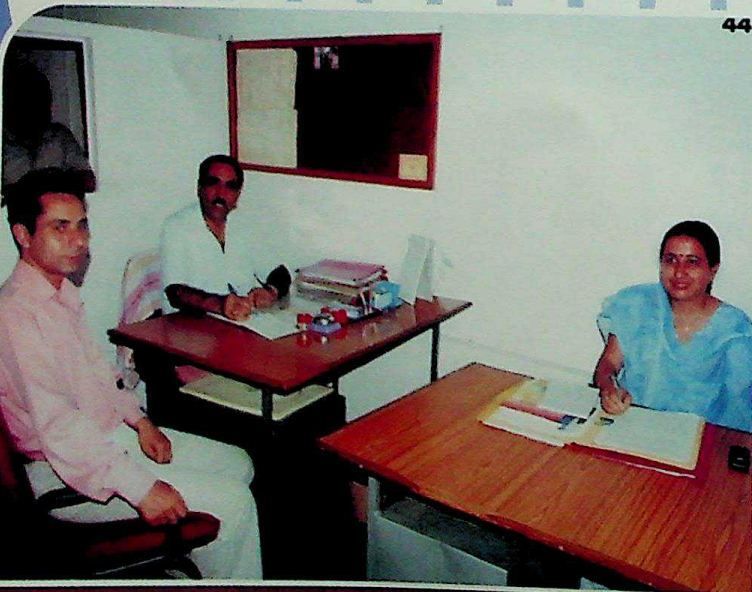
Gandhi Memorial College Of Education Bantala Jammu



FROM RIGHT (SH. A.K.DEWANI,
PROF. C.L.VESHIN, DR. K.B.KACHROO



SH. A.K. DEWANI PRESIDENT (HESK) WITH OTHER EB MEMBERS
AND PRINCIPAL WHILE INAUGURATING INDOOR GAMES IN CAMPUS



ADMINISTRATIVE OFFICER WITH
HIS MINISTERIAL STAFF



LIBRARY

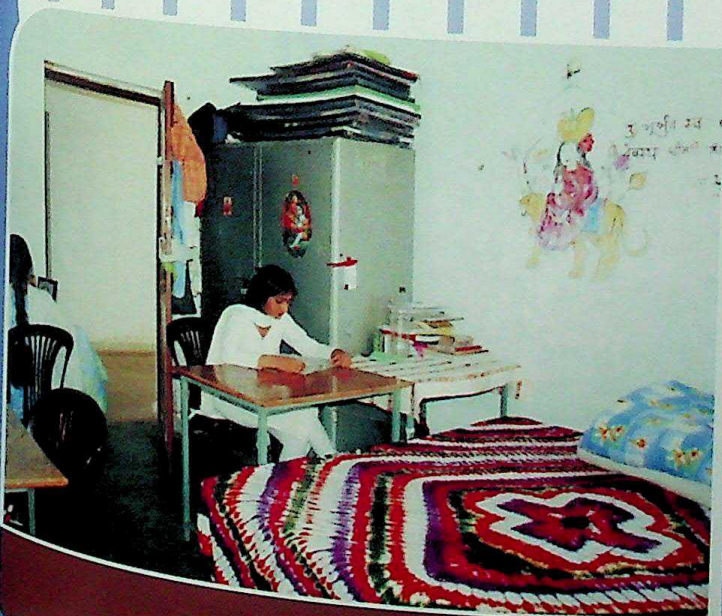
DIFFERENT COLLEGE ACTIVITIES



STUDENTS IN THE LIBRARY



STUDENTS IN COMPUTER LAB.



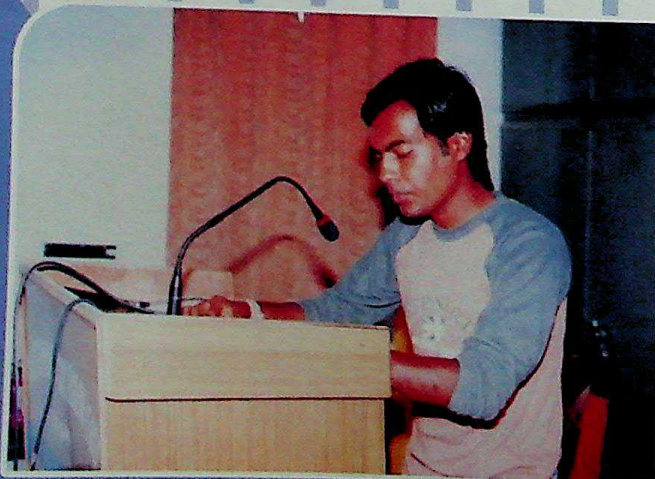
HOSTEL ROOM



STUDENTS IN SCIENCE LABORATORY

DIFFERENT COLLEGE ACTIVITIES

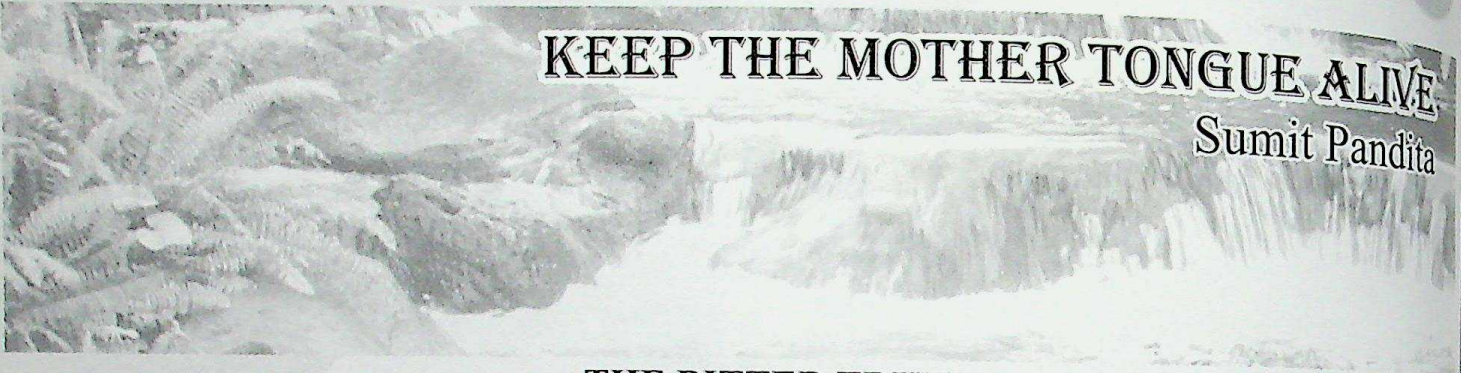
Gandhi Memorial College Of Education Bantala Jammu



SECTION - II



MISCELLANEOUS



KEEP THE MOTHER TONGUE ALIVE

Sumit Pandita

THE BITTER TRUTH

Today is the slogan of every Kashmiri Hindu Organization; it may be All India Kashmiri Samaj, Panun Kashmir or elsewhere who appeals the community to keep the Kashmiri language, tradition and culture alive. But, it is a known and admitted fact that the migration of youth to different parts of world, increasing the number of inter-caste marriages and settle down of individuals in different parts of the world, cannot hold it for long time and is running out of our hands fast and if the things keep on moving in the same manner, it is sure that the day is not far- far away when their will be no sign and name of Kashmiri language.

It is true that each and every person from any corner of the world loves his language and speaks very proudly, ours is the only community that hesitates to speak even in their homes, with friends and relatives with in the community. **KEEP THE KASHMIRI LANGUAGE ALIVE'**

No doubt is the slogan of being shouted by every community leader at every community functions occasions, but in fact it is only to appear in the newspapers, T.V screens, along with the photographs whereas, almost every community function is inaugurated and is concluded in English with the welcome address and vote of thanks and not even in Hindi which is our second language. Outside the function halls big banners are seen such as Kashmiri Hindu Samriti Semelan or any other issue but inside the hall one is left with no option other than to beat his head when forced to watch the proceedings to that of **WHITE HOUSE**. Why do they speak and deliver speeches in English? Do the leaders want to show that only they are highly educated and others are fools? Are not they aware of that the majority children below 18-20 years of age cannot understand there fluent spoken English with all tough and twisted words they use to make show and have no option but to leave the hall and play outside till the function is over? Do they not know how to speak Kashmiri?

The only answer to all these questions is a big NO. No, they are aware of each and everything, but the problem is they hesitate and feel ashamed to speak it; they virtually hate their own language because it brings their dignity, respect, etc. down to zero. Otherwise, what is the problem if they speak in Kashmiri?

A cup is useful only and useful when it is empty; as with assertions, is really an uncreative mind.

(J. Krishnamurti)



NEEL NAG

Prof. B. N. Bhat

A fountain of waters,
Deep, sweet waters,
Unfathomable in depths,
Fountain of the Muses,
A drink of Divine,
The mind that drinks gains,
The soaring, soaring heights.
Neel-Nag, our Naga king,
Our ancient Naga king,
He was an ideal king,
Who lived the ideal –
“Live, Let Live!”
In the days of yore,
Two warring tribes came,
They fought and fought,
Defiled this our land,
They shed blood,
-Awful were they all.
Neela couldn't see

Defiling of his land,
The land of fore fathers;
Truly he was the son
Who loved, who worshipped it.
He thought and thought,
He was a noble heart,
He taught them with good heart,
Prevailed good on all
To live and let live all.
Tranquillity returned,
All lived with good heart,
Regarded this land their own,
Enjoyed Sweet seasons,
Sweet, sweet waters,
Sweet, ripe harvests,
Its fruits many and all.
All danced hand in hand,
All sang a single song-
We love this our land”

SECTION - II
MISCELLANEOUS

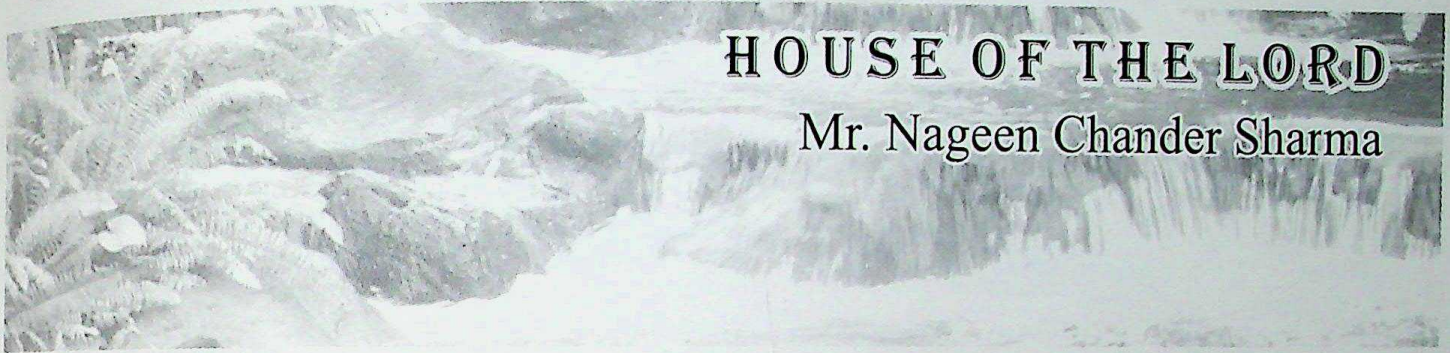


CAN YOU BELIEVE IT?

Gurpreet Kaur

Roll No : 39, Section - A

1. Dogs can see only those objects, which are in motion. They have poor eyesight.
2. The female Australian frog swallows the fertilized egg, which she has laid and keeps them in her throat until hatching.
3. Bats are the only mammals, which can actively fly. They are blind and they depend upon ultrasonic waves and echolocation.
4. Mice have no collarbones and can squeeze their entire body through a hole as small as quarter of an inch.
5. Tiger sharks begin hunting immediately after they are born.
6. It takes up to 13 years for a caterpillar to reach maturity.
7. Starfish has no brain.
8. Every man has only one stomach while a cow has four.
9. Horse is an animal, which can sleep while standing.
10. A lion has a small heart as compared to other animal.
11. An elephant is an animal, which sees every thing double.
12. A spider can live ten year without eating anything.



HOUSE OF THE LORD

Mr. Nageen Chander Sharma

We thank thee oh God!

For thy trees

Thou comest very near to us

Through thy trees.

From them we have

Beauty, wisdom, love.

The air we breathe,

The water we drink,

The food we eat,

And the strength.

Help us, Oh God!

To give our best to life.

And leave the world a little more beautiful,

And worthy for having lived in it.

Prosper thou our planting.

And establish thy kingdom of love

And understanding on earth.

Amen.

Love all Gods creation,

The whole and every grain of sand in it.

Love every leaf,

Every ray of God's light.

Love the animals,

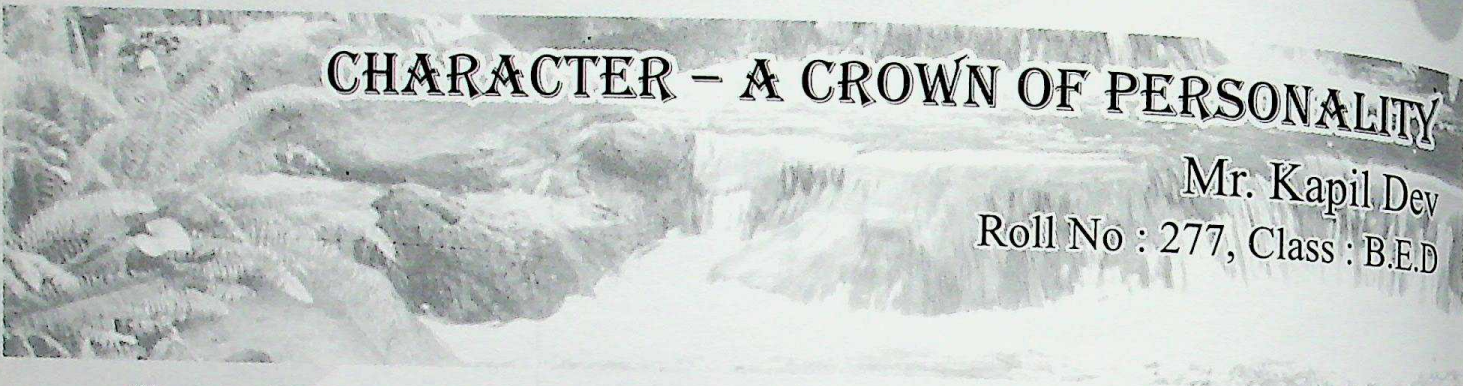
Love the plants,

Love everything.

If you love everything,

You will perceive the divine mystery in things.

Once you will begin to comprehend it every day...

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CHARACTER - A CROWN OF PERSONALITY

Mr. Kapil Dev

Roll No : 277, Class : B.E.D

Character is a great asset in life. It is supposed to be the noblest possession of man. It is created bit-by-bit and day-by-day. A man with a sound character understands his mind fully. His personality inspires and impresses all those persons who come in contact with him. He is always dependable and honest. Men of character like Jawahar Lal Nehru, Sardar Patel and Lincoln have achieved the greatest conquest in the world. In reality character is the glory of youth and crown of manhood. All the people keep a characterless person at an arm's length. The loss of wealth is no loss indeed. We lose something if we lose health. But we lose everything if we lose our character. There is no connection between wealth and character. Usually great men of character are born in a poor man's cottage. It should not mean that a wealthy person couldn't be a man of character. But the excess of wealth deprives a rich man of all those opportunities of character building, which a poor man encounters daily in his life. A rich man fulfills all his needs very comfortably. He takes every thing for granted. Difficulties never crop up in his life. And he cannot realize the secrets of life without facing difficulties.

Wealth is a few days wonder and may vanish. Big buildings may fall down, but character lasts forever. Character is like a strong weapon to fight against the difficulties of life. A good character makes life cheerful and happy. All our name and fame depends upon a good character. A man who possesses a good character is honored and respected by people everywhere. Moreover a man who has good character can achieve the highest education and progress in his life. But on the other hand a bad charactered person is hated and insulted by people everywhere. Our character lies on every word, we speak, and in every action, we do. The real meaning of character is what we give to world and fame is the reward, which we get from the world.

"Give me a good mother and I will give you a good nation". So there is no doubt that the character is the main thing in man's life. The importance of character is not only necessary for men, but it is more essential for women also. Because the life of woman depends upon her good character. All the people dislike loving characterless women. Whereas on the other side, a good charactered women are worshiped like the goddesses in our country. In this way we can take the example of the Sita and Savitri, which are today worshiped by people like the mother.

This world is like a dark night, and character is like a torch, that guides the soul for attaining God. Life with good character is like a ship with radar. The word 'CHARACTER' is composed of nine letters: -

C - Civility H - Humanity A - Ability R - Reality A - Anxiety C - Capability T - Tasty
E - Eternity R - Royalty

Do not do thing, you would not like to confess.



THE JOY OF LIVING

Ms. Sarika

Admire the thronging crowds I sat,
Watching the thousands go passing by.
Each face held a different expression,
Each had a different tale to tell.
Some were lively, others so wry,
I fail to understand and I keep
Wondering why.

Each heart had a story of its own,
Some lips had the shape of a smile,
And others were lost in a frown.
Some were anxiously on their way,
Their steps didn't falter, their eyes didn't stray.
Seconds for them were probably short, And
They wanted to miss not,
The simplest joy in their short span.
Some tried hard to smile and made light
Of their deep- rooted turmoil and pitiable plight,
Others were filled with a satiated joy,
But in all I saw a will to fight,
All steps marched with a goal in their minds.
Not a soul was ready to lose heart,
For it is not easy to part with joyful breath,
For there is no joy greater than the joy of living.

There are two ways of spreading light: be a candle, or the mirror that reflects it.
(Edith Wharton)

MISCELLANEOUS



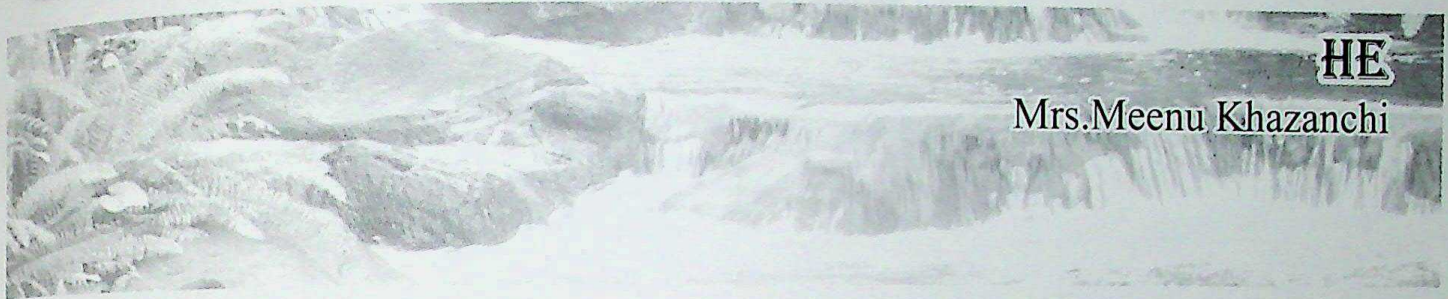
ZOON

Prof. B.N.Bhat

Our zoon, the moon, Habba Khatoon,
 Rose from the fragrant fields,
 The saffron fields of chandahar
 She was a rare child
 Who grew a rare maid ,
 Enthralled she everyone
 With her beautiful face,
 With the melody of her song.
 She was a rose
 Blooming on a thorny bush,
 There she lived among the rustic
 Hardly they knew the fragrance she bore .
 Abudi Rather married her off,
 Hers was a rustic bridegroom,
 How could he see her sensitivity
 And the piogance of her heart ?
 How could he hear ,how could he love
 The melody of her song ?
 Forlorn bride she was
 Pined she for love,
 Roamed she in woods ,
 Roamed she in meadows,
 And sang her songs of woe,
 To birds, flowers and to all.
 Once she poured her melody
 Along the banks of Vyeth,
 Yousuf, perchance, the prince
 Had the rare glimpse
 Of her fascinating face
 With her fascinating song.
 Carried away was he
 To a land of ecstasy.
 Was she a fairy or a maid?
 Hardly could he see.
 He sent a word to Abudi Rather,
 The father of the maid.

The father wondered how could she
 Become the queen of the Vale?
 No, the prince himself came
 To ask for her hand
 To make the queen of his heart.
 He married her,
 He found in her
 Sonorous songs of nature
 Enjoyed he with her
 The beauty of meadows
 The beauty of woods
 And the beauty of lakes and all.
 Then fortune wrote otherwise:
 There came the mughal hordes
 They raided the Vale
 Yousuf went to fight back
 He fought and well fought
 But lost at last.
 Captured was he
 And captured was the land
 Taken away was he
 To far off alien land a
 Zoon waited and waited and waited long,
 But never came back he,
 Forlorn she was
 She pined in grief,
 She wandered in hills
 She wandered in meadows
 Pouring her love lorn songs,
 Till few hardly knew
 When she ceased to be.
 The moon thus set,
 But her beams effuse
 The songs of forlornness,
 Infusing the sensitive souls
 With the poignant grief of Zoon.

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HE

Mrs.Meenu Khazanchi

Oh, the God of Gods
And the Lord of Lords
How great are you
And how brave are you.
You have created hell & heaven
A boon between wild and heaven

Deep blue sky speaks of you
How snow peaks reflects of you
Endless earth revolves round the sun
& Earth marks no sound.
The sun enlighten the whole universe
Coolly & calmly travels the course.

Nothing other than yours is
there seen.
Beasts of sorts jumble.
There is hustle & bustle every where.
The moon too lights the night with
Its sobre & dim white light.

Stars twinkle in the night.
Gracefully he has done the right
Rivers roar & jump into the sky.
Who has created it, it is only He.

Man is the slave of man
& Man is the master of man.
Animals too live with grace.
Only man has always to face.
Joys & sorrows he has bestowed
Every good and bad he has stored.

Flowers flourish in the garden.
You and only you are their warden.
Ranges of peaks & huge mountains,
Splashing of water falls & fountains
Speaks, Thou are present there in
every part, every time round the sphere.

Bow, bow & bow only to God
Who is really the Lord of Lords.



HOPE

Ms. Seema Sharma

Hope is a beautiful flower,
Which gives off its fragrance.

Hope is a light,
Which shows way in darkness.

Hope is an inspiration,
Which leads to success.

Hope is a companion,
Which stands by in all circumstances.

Hope is a thought,
Which consoles at tough moment.

Hope is an entertainment,
Which passes time.

Hope is a force,
Which helps us to survive.

The best thing to give your enemy is , forgiveness.

_to an opponent , tolerance;

_to a friend, your ear ;

_to a child, good example;

_to your father, reverence;

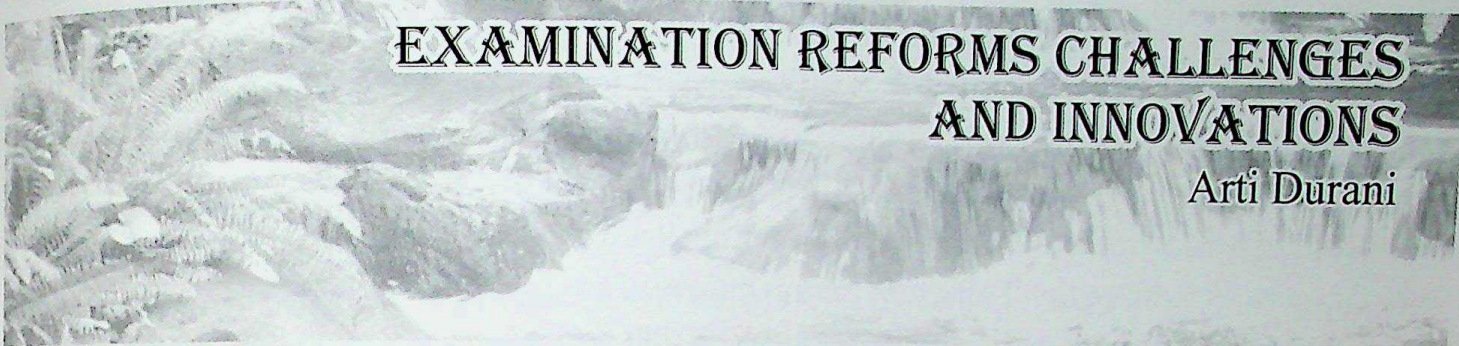
_to your mother, conduct that will make her proud of you;

_to yourself ,respect;

_to all men charity.

With a good conscience our sure reward, with history, the final judge of deeds, let's go forth to lead the land we love, asking his blessing and His help, but knowing that her eon earth God's work must truly be our own.

(John F. Kennedy)



EXAMINATION REFORMS CHALLENGES AND INNOVATIONS

Arti Durani

The society has evolved various procedures for the modification of the behavior of the individual in order to make progress on all fronts; the most important one is the education through which knowledge is provided to the society. The quality education is fundamental to all round development of human potential.

We educate people through teaching-learning process. The consequences of teaching-learning process are evaluated through the fair conduct of examination, which is challenging activity that now concerns university. The examinations provide a screening procedure through which the abilities, aptitude, capabilities what the student have acquired are certified for the market. But the existing examination system is not actually testing what is needed to be tested due to various pitfalls and shortcomings in the system. Therefore, we should immediately go for certain reforms otherwise a day will come when the system will get collapsed.

The present examination system is a legacy of British model. With the modernization the conduct of examinations is becoming more and more complex

In the prevailing procedure of examinations we are testing the individuals at memory level; there is dire need to test the individual at problem solving / reflective level.

Various commissions and committees have adjudged, reviewed and criticized the present examination system and recommended concrete efforts to be made to hammer out a new design of examination which can be helpful to make examination useful and utilitarian, but the system has remained irrelevant to our present problems which has increased due to biased marking system, examiner's attitude, mass failures, malicious approach and equations in awarding assignments. In this regard Kothari Commission has rightly said

"In the present system when the future of the students is totally decided by one external examination at the end of the year, they pay minimum attention to the teachers, do little independent

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study through most of the academic year and cram actually for the final examination. The crippling effect of examination on the quality work in higher education is so great that examination reform has become crucial to all progress."

The present examination in India is closed book examination at both the primary and tertiary levels. But this system of examination has the following inadequacies:

- (i). These examinations don't officially permit the use of books, a large number of examinees try to secretly bring books and notes to the examination hall. there which results in boosting of marks of students by illegal means and reliability and validity of the scores get lowered.
- (ii) In this system of examination teachers are boycotting the work of invigilation due to lack of police protection against violence again indicate what a phobia examination is for teachers. Examinations usually a bugbear for students have become a terror for teachers too.
- (iii) Cases of examinees running away with answer books, clashing with invigilator anxious to perform their duties strictly and even stabbing them have become very common.
- (iv) In this system of examination examinees cram and mug up the whole material and vomit out the crammed material in the examination in the same manner as in the book.
- (v) In this system of examination the examinee simply recall the information depends upon the power of memory of the students. Through the prevailing procedure of examination we are testing the individuals at the memory level only.
- (vi) Organization of the material similar to the material given in the book.
- (vii) In this system of examination those examinee that don't have good understanding secure good marks or attain good grade.
- (viii) It also encourages the study of selective part of the syllabus and discourages comprehensive study.

So in order to overcome these types of drawbacks and in order to achieve real objectives of examination the open book examination should be introduced. The open-book examination can be effective substitute for prevailing examination system due to various drawbacks, which have adversely affected the learning atmosphere and study behavior of the students.

We have to make our educational system more and more flexible and dynamic and it is possible only when the teacher evaluate the students properly, effectively, objectively and systematically and this can be done alone by improving our examination system and for achieving this open-book system is one of the innovations.

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This type of examination system was first of all evolved in American examination system in order to develop broad vision, comprehensive knowledge and skills. The open-book examination is insightful and thought provoking which is the need of the hour.. It involves convergent and divergent thinking of the examines, as the examines have to prepare answers to the questions, which are not available in the books.

Experiments conducted by Dermontt (1972), Heywood (1975), Christic and Gorrest (1975,78, 80), Janckis (1969), McInnis and Delvin (2002); Feller (1994) on different subjects like Physics, Chemistry, History, Geography and Economics found encouraging results in open-book examination system. These have also suggested that open book assessment have fulfilled both the requirements of an assessment tool and a student centered approach to education, as a technique that reduces the level of anxiety experienced by participating students.

In this context President of India Dr. A.P.J.Abdul Kalam (2004) while realizing the need of the examination has remarked

“I find there a demand for more transparent and reliable system of examination, evaluation and reporting. It is also noticed that the examinations primarily tests the memory of the students. I remember during my study at MIT, Chennai in mid 1950, they used to conduct open-book examination. This used to be one of the tough examinations for the students. I would recommend that the examining bodies may consider the introduction of open-book system of examination. This will promote creativity among the teachers in setting the questions and evaluation of the creative ability of the students. A secure examination system is the need of the hour.”

It develops higher order thinking level among the students. Studies have suggested that assessments designed for open-book completion prompt students to exhibit their levels of skill in analyzing, synthesizing, evaluating course materials and designated learning outcomes in a measurable and mainly standardized fashion. However, possibly because the level of difficulty is raised, the marks achieved by the students in the open-book examination have been shown to be no higher than those obtained under closed book conditions. Ioannidou,(1997); Francis, (1982); Theophilides and Dionysious,(1996)

In open-book examination system students perceive five main benefits namely

- Practice in creative use of course content
- Course content proficiency
- Increased opportunity for students self evaluation and feed back

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- Less examination stress
- Greater student regulation of the content studied.

There are certain suggestions in order to make open-book system a success firstly questions must be structured for open-book examination in such a manner that there should extra minimum information, so that the examinees may realize that they have consulted many numerous reference books to formulate and build the answer systematically which can help to achieve the objectives set forth for developing the skill in the students at lower and higher stages of education. In addition to it question in open-book system must be

- Insightful and thought provoking
- Entirely free and open
- Increasing comprehension
- Providing adequate information
- Enhancing mental ability
- Answers not to be available in the reference books
- Developing skills
- Cultivating values
- Elimination of cheating
- Acquiring broad knowledge
- Maintaining validity and reliability
- Developing convergent thinking, creativity and conformity

The questions set in this type of examination don't demand rote learning: instead they demand ability to discriminate and judge.

*"Everyone is like a snowflake,
Unique & exquisitely beautiful
in its own way"*



COMPUTER IN PUBLIC SERVICES

Mr. Ajay Bhatt

The computer is being increasingly used as resource in teaching and learning at all levels of education. Instructional material can be prepared and stored within the computer system in the form of program which are carefully structured to teach specific lessons. A program can be used by many students, thus freeing the teacher to spend time for the development of personal skills. The computer programs can be designed to teach for particular skills and knowledge and then to direct the students to the next learning phase depending on the individual results. This may mean one step forward and several steps back and repeat previous lesson. The managed system also records all results and provide up to date information for the teacher on each student progress. The advent of multimedia which results from integration and synergy of several types of information such as graphics, animation, photography, music, speech, video or a single computer has a profound impact on computer education. It is able to simulate a classroom environment in a natural way on computer screen.

Computer's are now increasingly used in library management list of borrowed books are maintained by the system and reminders for those which are overdue can be generated by computer output. Some university libraries in America are linked to network. So any information which is not available at database can be easily located and from remote databases.

Predicting the weather has long been considered some thing of a mystique based on country signs and folklore. Meteorology as a science is relatively new and, with computer assistance, it has become more of an exact science. The problem in meteorology has always been to obtain sufficient data, and to analyses that data quickly enough so that predictions can be made. Satellites linked directly with the computer system, now provide the meteorists with information, in addition to the data obtained from weather stations on land and sea. Armed with more information the relationship between the variable factors, which constitute weather, can be analyzed in great depth, and a more accurate prediction of future behavior can then be made. The computer system, is also able to analysis

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vast quantities of past measurements to test for weather patterns and based partly on these results, long-range forecasts can be made.

The computer can be used in hospital administration for such tasks as maintaining inventories of drugs, surgical equipments for payroll; hospital accounting, and for bed allocation. Information on the condition of patients, details of tests and clinical reports may be stored on a computer system. This combined information can be used to provide ward and patient summary reports. In ICUs (intensive care unit) the computer can be used to monitor the patient's condition changes. The computer programs exist which can carry out electrocardiogram analysis to determine both normal and abnormal heart conditions. The computer system can act as a vast encyclopedia of medical knowledge, providing the doctor which access to an every increasing quantity of information, which he could not possibly hope to carry in his head.

Computerized telephone exchanges handle on ever-increasing volume of calls. They do so more quickly and with less likelihood of error than would otherwise be possible, and they can be linked up to the network exchanges for wider, prompt use. By way of satellites, call can also be transmitted at faster speeds than through conventional networks. The computer can also maintain a log of calls for subsequent billing. Computer controlled digital exchanges provide lot more facilities to subscribers than ever before.

“Love all God’s creation, the whole and every grain of sand in it.

Love every leaf, every ray of God’s light,

love the animals, love the plants, and love everything.

If you love everything, once you perceive it,

you will begin to comprehend it better everyday—for all is like an ocean,

all is flowing and lending;

a touch in one place sets up movement at the other end of the earth —don’t say sin is mighty

wickedness is mighty, evil environment is mighty;

and we are lonely and helpless——fly away from that dejection, children”

MISCELLANEOUS

'GUIDING BY THE INNER LIGHT'

Mr. Surinder Kumar

(Contemplation)

Since the very beginning of human civilization, it has always been the aim of man that he should lead a life full of happiness, satisfaction and perfection. All kinds of activities of humanity, abstract or concrete ones are focused on this purpose, directly or indirectly, remotely or nearly. Every action in this direction is to be based on thinking, observation, means, action and finally success or failure. But every rational man endeavors his best to follow the right track to achieve his goal despite being the severe fact of not to be guided mostly in the exact direction with the result of his failure. Then what to do? Indubitably maintaining all the essentials, endeavor, struggle, preserverence, self-confidence, the right guidance of means, ways & methods becomes must for the success of the purposive action to be implemented. The answer, therefore, in a single word is 'Guidance'.

Now the later part of the problem is "Who can guide us best". Our parents? Teachers? Friends? Or well wishers? No doubt none of these can do so especially in the sense of best. Then Who? The answer is "Our Inner Light" or "soul" which has always been illuminating since the ages and ages. In every action of our life, we should be, rather we must be guided by inner light, which can never be misleading. But even after confronting this ground but pleasant reality, we do not know why we should be guided by our inner light (which is also known as reverberating sound always echoing but is not to be listened to by us owing to be engrossed in sensual limited sort of pleasures) and how we can be guided by this adorable light. Of course, before moving towards the problem of why & how we must realize what are the wonders, more significantly what are the miracles of this light?

Guiding ourselves by this light may mean knowing us or making contact with the ultimate reality (God). Or restricting our senses etc. etc. if we reach this stage man can do wonders – really and undoubtedly. He can achieve whatever he wants to; but our purpose should be truthful, moral, ethical, legitimate, and positive in every sense. Our personality, our influence on every animate or inanimate object will be immense kind. In the process of realizing this state of mind, man can taste

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that nectar, though he tastes just a single drop of it, which cannot be produced in this world by any scientist or which cannot be bought from any market of the whole world for million and million of dollars. If man tastes even a single drop of this nectar, he can bring revolutionary, reformatory, positive transformation among hundreds and thousands of human beings.

In every action this inner light will guide him. We can dare to say that the exact sort of way means, method will naturally, spontaneously, come into his mind and definitely he will achieve his positive goal. Further, if once one enters in this realm, he doesn't want to come out of this state of mind and the materialistic aims, for him, becomes very small, very petty. But due to heavenly laws he has to come out of this state for he is sent here in this cosmos with some purpose. We must accept whatever saints, sages & seers had said thousands years before that the human body is a 'micro-universe' i.e. whatever is present in this universe is present in our body also. After all, soul is the manifestation of God. Further consequently, after realizing his 'self' he will be able to realize what hidden treasure, powers are there in his soul and how he can utilize them for some great purpose.

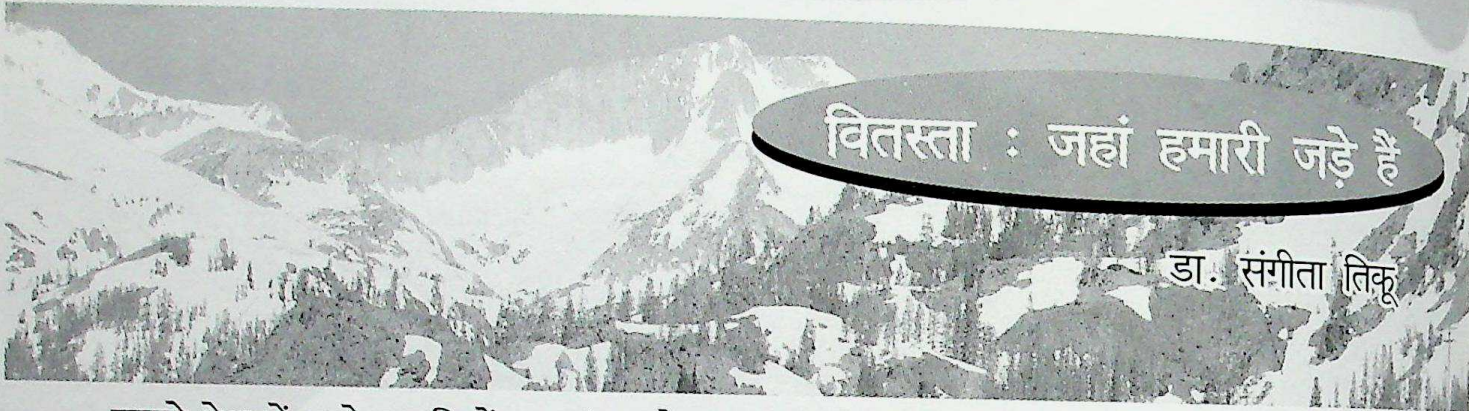
Now the word 'how' comes in the process of discussion. First of all we should be well aware that to follow this way we have to confront with many obstacles and hardships. We will have to take help from such person who has attained this high stage; who are well aware with the difficulties in the way and who knows how to eradicate them. As we know that without teacher one cannot learn anything, especially in the sphere of spiritualism. Whosoever in the history of mankind has realized this self-knowledge, most of them had to become disciples of some great spiritual prophet or teacher. By keeping ourselves in his sublimated company; by having his elevating glimpses, a sort of conditioning will take place in our mind. In that conditioned state of mind, we should start our education by keeping in view some precautionary steps uttered by the spiritual pioneer. Of course, while maintaining our self-confidence, courage, slowly & steadily, we will be able to overcome our negative ideas, thinking and inclinations. Our thinking and rationalizing capability will surely reach to that extent where ways, means and methods already illuminating & welcoming are waiting for us so as to be utilized for tremendous undertakings.

Educational innovations certainly do not come about automatically. They have to be invented, planned, initiated, and implemented in a way that will make educational practices more adequately geared to the changing objective of instructions and make them more consistent with the changing standards of instruction.

(Torsten Husen)

SECTION - III





वितस्ता : जहां हमारी जड़े हैं

डा. संगीता तिकू

हमारे देश में अनेक नदियों का संगम है, इन नदियों का एक भरा पूरा इतिहास है। देश की परम्परायें, संस्कृति नदियों में रची-बसी है। यहां गंगा, यमुना, सरस्वती, कावेरी, कृष्णा, गोदावरी तथा सिंधु जैसी पवित्र नदियाँ हैं, वहीं कश्मीर में वितस्ता नदी का भी अपना एक गौरवशाली एवं धार्मिक-सांस्कृतिक महत्व है। यह हमारा देश है जहां प्रकृति को देवी-देवताओं के रूप में पूजा जाता है। यहां पर न केवल मनुष्य का जन्म दिन मनाया जाता है, वरन् नदियों के भी जन्म दिन मनाने की एक परम्परा है। कश्मीर में वितस्ता का जन्म दिन प्रत्येक वर्ष भाद्रपद शुक्ल पक्ष त्रयोदशी को मनाया जाता है।

मां वितस्ता की पावनता कश्मीर के कण-कण में समायी हुई है। सातवें मन्वन्तर के समय इस पवित्र नदी का आविर्भाव कश्मीर में हुआ, पर आज वितस्ता का रंग वहां के दूषित वातावरण के कारण लाल हो गया है।

सतीसर झील के पानी की निकासी के बाद जब सतीदेश के भूखण्ड को लोगों के रहने योग्य बनाने का निश्चय हुआ तो श्रमिक बल द्वारा पर्वतों की कटाई तथा उबड़-खाबड़ भूमि को समतल बनाने के प्रयास शुरू हुए। कश्मीर के निर्माण में महत्ती भूमिका निभाने वाले महान तपस्वी कश्यप ऋषि के सामने मुख्य चुनौती यह थी कि पूरे प्रदेश में पानी की उपलब्धता को कैसे पूरा किया जाये, इस हेतु एक नदी की आवश्यकता थी।

तत्पश्चात् कश्यप ऋषि ने अपने तपोबल से भगवान शंकर का आह्वान किया और उनसे नदी बनाने का आग्रह किया। इस शुभ कार्य का श्री गणेश करते हुए भगवान शंकर ने त्रिशूल से धरती पर पहला प्रहार किया जिसे 'वितस्ति' आकार का गड्ढा बन गया। यहीं से उन्होंने वितस्ता नदी के जल को रसातल से बाहर निकाला और इस नदी को वितस्ता का नाम दिया। "वितस्ति" का शाब्दिक अर्थ है जिस का परिमाण गुले हो। इस वितस्ति शब्द से भी 'वितस्ता' का शाब्दिक अर्थ है जिस का परिमाण द्वादशङ्क गुले हो। इस वितस्ति शब्द से भी शब्द से भी 'वितस्ता' के नामकरण की प्रासंगिकता सिद्ध होती है। वितस्ता के उद्गम स्थल को व्यथवोतुर (विस्तोत्तरी) के नाम से जाना जाता है। वेरीनाग के पास यह कुण्ड आज भी अपनी भव्यता के साथ विद्यमान है।

नीलमत पुराण के २६० और २६१ के श्लोक में वितस्ता के उद्गम के परिप्रेक्ष्य में इसी कथा का वर्णन इस प्रकार किया गया है -

तस्या नाम वितस्तेति कृतवान् शङ्करः स्वयम्।

वितस्तिमात्रं गर्ततु शूलेन कृतवान् हरः

रसातलगता येन विष्क्रान्ता सा सरिद्वारा

तस्माद्वितस्तेति कृतं नामैतस्याः स्वयभुंवा ॥

अर्थात् भगवान् शंकर ने स्वयं उस नदी का नाम वितस्ता रखा क्योंकि उनके शूल से उत्खनन कर जो गड्ढा बना उस गड्ढे का माप 'वितस्ति' था जहां से नदी रसातल में गई, वहां से बाहर निकल आयी अतः शंभु ने उस का नाम वितस्ता रखा।

इस प्रकार पूरे कश्मीर प्रांत में वितस्ता एक नदी के रूप में स्थायी रूप से प्रवाहित हुई जिस के फलस्वरूप अने क्षेत्रों के लोगों को पेयजल उपलब्ध हुआ। साथ ही कृषि भूमि भी हरित हुई।

जब यह क्षेत्र पूरी तरह से हरा भरा तथा साधन-सम्पन्न हुआ तो अन्य क्षेत्रों से भी लोग यहां बसने आ गए। उल्लेखनीय है कि सतीसर से घाटी बन जाने के बाद इस स्थल को देवताओं ने अपना निवास-स्थान तथा देवियां नदियों के रूप में प्रकट हुई। वितस्ता भगवती उमा का ही रूप है। भगवती उमा वितस्ता के उद्गम के समय पानी के बुलबुलों के रूप में प्रकट हुई।

कश्मीरी पण्डित प्रत्येक वर्ष वितस्ता का जन्म दिन मनाते आ रहे हैं। यद्यपि इस पर्व को आज निर्वासन काल खण्ड में पारिवारिक एवं सार्वजनिक रूप से बड़े पैमाने पर मनाने की आवश्यकता है पर उतना उत्साह देखने को नहीं मिल पा रहा है।

पर्व ही हमारी सांस्कृतिक परम्पराओं को जीवंत रखते हैं हमें अपनी जड़ों के करीब रहने का अवसर प्रदान करते हैं और यह तो हमारी संस्कृति में ही सम्भव है। समय की आवश्यकता है कि हम अपनी सांस्कृतिक विरासत को अक्षुण्ण बनाये रखें। अपनी परम्पराओं को संरक्षित एवं संवर्धित करें, मातृभाषा के स्वाद को जीवंत रखें, यही सब कुछ हमें अपनी जड़ों के करीब एक दिन जरूर पहुंचेगा।

होनहार बेटा और आरी

पूनम शर्मा,
रोल नं. ५७, सेक्शन-ए

सुना है कि लड़का था इक होनहार,
बहुत उसके माँ-बाप करते थे प्यार।
महोब्वत से दी इक दिन बाप ने,
आरी इक उसे खेलने के लिए।
वह आरी को लेकर बहुत खुश हुआ,
उसी वक्त रास्ता लिया बाग का।
हरी-टहनियाँ जो कदर उनमें थी,
वह आरी से उसने सब काट दीं।
गया शाम को बाप जब बाग में,
तो उजड़ा हुआ जाकर पाया उन्हें।
खफा होकर पूछा बेटे से उसने,
बता सच किसने उजाड़ा उन्हें।
फिर डरते हुए वह बोला बाप से,
वह मैं ही हूँ जिसने उजाड़ा उन्हें।
फिर बाप ने काटने के नुकसान समझाए,
और माँ ने लगाने के फायदे।
बेटा तो था पहले से होनहार,
फिर हो गया वह और भी समझदार।

“मैं एक पेड़ हूँ”

“मैं एक पेड़ हूँ”

बचपन से बड़े होने तक मैंने
धूप छाँव बरसात तूफान सब देखा,
मुझ से है जीवन सारा,
मैं ही जीवन का आधार
क्योंकि मैं एक पेड़ हूँ।

मेरी पत्तियाँ कल-कल करती,
जीवन को है प्यार देती।
फूलों की तरह महकूँ
यही है मेरे जीवन का सार
क्योंकि मैं एक पेड़ हूँ।

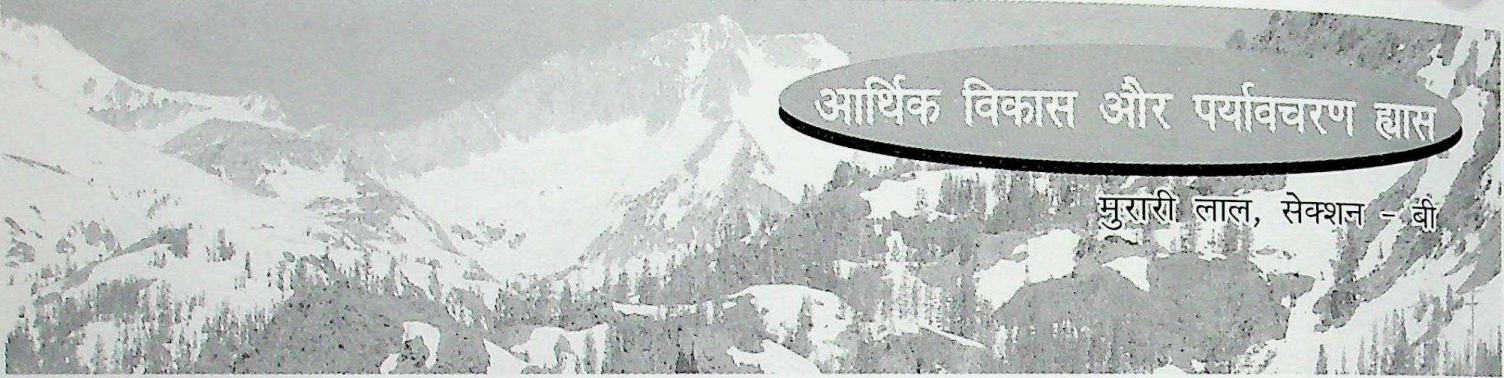
मेरे आँसू दर्द है मेरे
क्या इसको मैं दिखाता हूँ
अपनी महक से सबको महकाऊँ
क्या इससे मैं घबराता हूँ
क्योंकि मैं एक पेड़ हूँ

संजीव शर्मा, सेक्शन-ए

मेरी पत्तियाँ कल-कल करती,
जीवन को है प्यार देती।
फूलों की तरह महकूँ
यही है मेरे जीवन का सार
क्योंकि मैं एक पेड़ हूँ।

मेरा जीवन जीने वालों के नाम,
मेरा जीवन मरने वालों के नाम
जीने से मरने तक साथ हूँ
यही है मेरे जीवन का मुकाम
हवन से लेकर अर्धी तक साथ चलूँ मैं
क्योंकि मैं एक पेड़ हूँ।

छमछम मैं बारिश लाऊ
सबको गर्मी से बचाऊँ
दुख देखकर दुखी हो जाऊँ
फिर भी मैं यूँ ही मुस्काऊँ
कटने पे उफ न करता
यूँ ही मैं मिट्टी में मिल जाता
क्योंकि मैं एक पेड़ हूँ।



आर्थिक विकास और पर्यावरण ह्रास

मुरारी लाल, सेक्शन - बी

“आसमान जब छत और धरती विछौना था, स्कून भरी थी जिन्दगी चारों ओर खुशीका कोना था”

ब्रह्म ने इस सृष्टि का निर्माण किया विष्णू ने इस सृष्टि का पालन किया परन्तु भय है मुझे कहीं आज मानव इस सृष्टि का विनाश न कर डालें।

यह विचार मेरे मन में यूँ ही नहीं उभरा, इसका बीज डाला है हमारे पर्यावरण की इस सृष्टि का विनाश न कर डालें। यह विचार मेरे मन में यूँ ही नहीं उभरा, इसका बीज डाला है हमारे पर्यावरण की इस बिगड़ती दशा में। जहाँ आर्थिक विकास के फलस्वरूप हम उन्नति के शिखर पर पहुँचने वाले हैं वहीं उस शिखर पर हवा की लहरों के साथ जहर भरा होगा जमीन अंगारों की तरह गर्म और पानी में बहुत से रसायन मिलें होंगे

“दुनिया के स्वर्ग को कर्कट का गर्त बना डाला, जिन्दगी के सुख को भी धुएं में उड़ा डाला” पर्यावरण से हमारा अभिप्राय हमारे आस-पास के वातावरण से है। यह भी सही है कि किसी देश को आर्थिक स्थिति को सुदृढ़ बन मजबूत बनाने के लिए औद्योगिक विकास जरूरी है। क्योंकि औद्योगिक विकास के द्वारा कोई देश अपनी सामान्य दरिद्रता, बेरोजगारी गरीबी, पिछड़ेपन की समस्या का समाधान करते हैं। परन्तु मनुष्य औद्योगिक विकास की दौड़ में अंधा हो चुका है। मनुष्य प्राकृतिक संसाधनों की लूट अपने लिए सुख सुविधा के साधन जुटाना चाहता है परन्तु मनुष्य यह नहीं सोचता कि इन सुख सुविधाओं का अन्त कितना भयानक होगा।

एक ओर जहाँ आर्थिक विकास हो रहा है दूसरी ओर कारखानों से निकलने वाला धुँआ हमारे वातावरण को इतना दूषित कर रहा है कि कुछ स्थानों पर मानव तो मानव परमेश्वर भी जाना पसन्द नहीं करेगा। यह पर्यावरण मानो आज स्वर्ग से नरक बनता जा रहा है। पर्यावरण में ही नहीं यह प्रदूषण जल, थल तथा वायु के माध्यम से मानव के अंग-अंग में पहुँच रहा है इस पर्यावरण के प्रदूषण का प्रमुख कारण

या संबंध सीधा मनुष्य से है या यूँ कहिए।

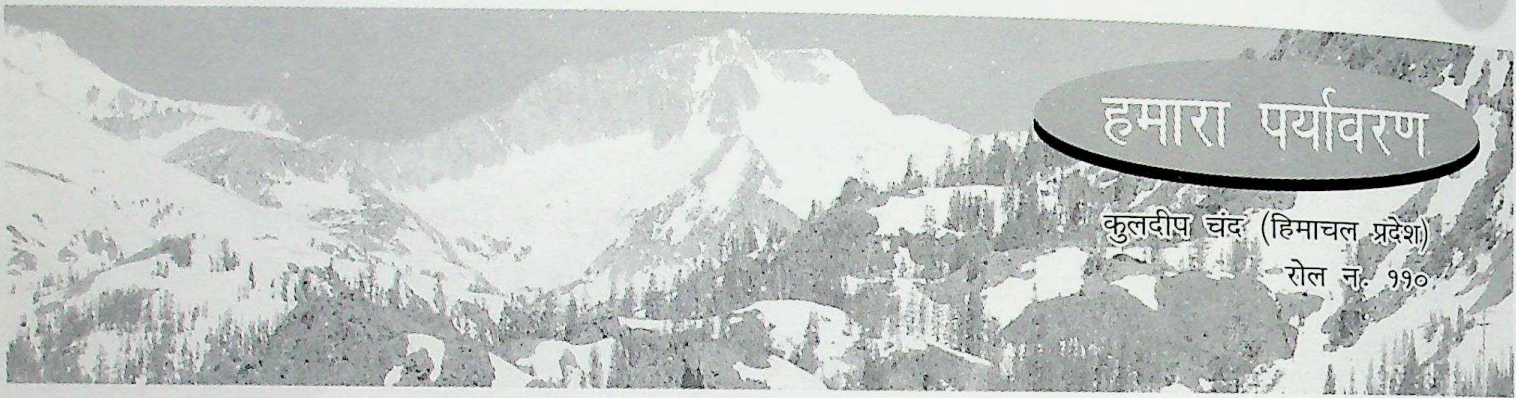
“घर को लगाई है आग
खुद घर के चिराग ने”

मानव जाने अजाने में प्रकृति से छेड़ करता है पेड़ पौधे मनुष्य के आधार है परन्तु आज मनुष्य पेड़ों को बड़ी बेरहमी से काट रहा है पर मनुष्य यह नहीं सोचता कि यदि हम पर्यावरण को इसी तरह हानि पहुँचाते रहें तो वह दिन दूर नहीं जब नदियों का मीठा जल जहर बन जाएगा और पृथ्वी पर रहने वाले प्राणियों का जीना दुभर हो जाएगा।

मैं यही कहना चाहूँगा कि आर्थिक विकास तो जरूरी है परन्तु देश का आर्थिक विकास ऐसा होना चाहिए। जिससे हमारे पर्यावरण को हानि न पहुंचे।

हमारी आने वाली पीढ़ियों को केवल हमारे बैंक वेलेंस की ही नहीं अपितु साफ-सुथरे वातावरण की भी आवश्यकता है। अपनी सूझ बूझ से ही हम एक ऐसा सभ्य-समाज प्रस्तुत कर सकते हैं। जिसकी नींव साफ स्वस्थ पर्यावरण पर रखी जाए तभी वह राष्ट्र उन्नति के पथ पर चल पाएगा।

“वृक्षा रोपण करते रहो यही जीवन का आधार है,
वृक्ष सदा सुरक्षित रहे यह सम्पदा अपार है”



हमारा पर्यावरण

कुलदीप चंद (हिमाचल प्रदेश)

रोल नं. ११०

हम सौरमंडल के चमत्कारी ग्रह पृथ्वी पर रहते हैं। इसका चमत्कार इस विषय पर है कि पर्यावरण मनुष्य, पशु, जानवर और पंक्षी आदि सभी जीवों के अनुकूल है। हमारे पर्यावरण के मुख्य दो अंग हैं- भौतिक पर्यावरण और जैव पर्यावरण। भौतिक पर्यावरण में स्थल, वायु और जल जैसे तत्व विद्यमान हैं। परन्तु जैव पर्यावरण में पेड़ पौधे और छोटे बड़े सभी जीव-जन्तु आदि विद्यमान हैं। परन्तु जैव पर्यावरण में पेड़ पौधे और छोटे बड़े सभी जीव-जन्तु आदि विद्यमान हैं। पर्यावरण के ये दोनों अंग एक दूसरे को प्रभावित करते हैं। जबसे मनुष्य ने इस धरती पर रहना प्रारम्भ किया है, तब से लेकर आज तक मनुष्य और पर्यावरण के सम्बंधों में परिवर्तन होता रहा है। परन्तु एक ही समय में, भिन्न-२ स्थानों में मनुष्य और पर्यावरण के सम्बंध बदलते रहे हैं। उदाहरण के लिए आदि मानव पर्यावरण को ही प्रभावी मानता था। क्योंकि बिजली की चमक और बादलों की गड़गड़ाहट से उसे डर लगता था। विशाल महासागर तथा बड़ी नदियाँ भी उसे डराती थी। उस समय उसके पास पर्यावरण की बाधाओं को दूर करने के लिए उपकरण नहीं थे। परन्तु मनुष्य प्रकृति के विभिन्न अंगों जैसे पर्वत, नदियों, वनों आदि की पूजा करता था। परन्तु उसे भी पर्यावरण के अनुकूल बनना पड़ा।

जब मनुष्य ने पत्थरों और धातुओं के हथियार या उपकरण बनाने शुरू किए तथा उसे आग जलाने की जानकारी हो गई। तब पर्यावरण पर उसके प्रभाव को अनुभव किया जाने लगा। उन उपकरणों से वह पेड़ों को काटने लगा। और उस लकड़ी के द्वारा टिकाऊ मकान बनाने लगा। परन्तु फिर भी पर्यावरण पर उसका प्रभाव से पर्यावरण प्रदूषित हो गया है। प्रदूषण केवल वायु, जल और भूमि को ही प्रभावित नहीं करता है अपितु जैव मण्डल के जीवों पर भी इसका प्रभाव पड़ता है। कुछ वर्षों से भारी मात्रा में जीवाश्म ईंधनों को जलाया जाता है। फलस्वरूप वायुमण्डल में कार्बनडाइआक्साइड की मात्रा धीरे-धीरे बढ़ गई है। ऐसा अनुमान है कि पिछले सौ वर्षों से कार्बन डाइआक्साइड की मात्रा २५ प्रतिशत बढ़ गई है। वायुमंडल में कार्बन डाइआक्साइड के बढ़ने का प्रभाव यह हुआ है कि वायुमंडल का तापमान बढ़ गया। इस प्रकार

SECTION - III

HINDI

कारखानों आदि के धुएँ के द्वारा वायुमंडल में प्रदूषण हो गया है। और पर्यावरण पर इसका बुरा प्रभाव पड़ता है।

कारखानों का कूड़ा-कचरा जलाशयो और नदियों में फैकने से जल प्रदूषित हो गया है। इसका भी वातावरण पर बुरा प्रभाव पड़ता है। कुछ वर्षों से जनसंख्या में वृद्धि तथा प्रतिव्यक्ति उपयोग में वृद्धि के फलस्वरूप सभी प्रकार के साधनों का ह्रास हुआ है। क्योंकि संसार के १०० देशों में खाद्यानो का अभाव हुआ है। पिछले २० सालों में अफ्रीका के कुछ देशों में वनों के विनाश मृदा अपरदन तथा जल स्तर के नीचे चले जाने के कारण फसलो की ऊपज काफी कम हो गई है। अफ्रीका के सवाना प्रदेश में पशुओं के चारे की कमी से अनेक पशु मर गए हैं। इन देशों के निवासी कुपोषण का शिकार हैं तथा इन्हें बीमारियाँ भी जल्दी पकड़ लेती हैं। जनसंख्या के दबाव से वन और मृदा साधन बड़ी तेजी से घट रहे हैं।

भविष्य में इसके गंभीर परिणाम होंगे। इससे भी पर्यावरण पर बहुत प्रभाव पड़ता है। परन्तु अब मानव समझने लगा है कि उसकी आर्थिक गतिविधियाँ ही पृथ्वी पर उसके अस्तित्व के लिए आशंका पैदा कर रही हैं। पृथ्वी पर अपना अस्तित्व बनाए रखने के लिए मनुष्य को यह ज्ञान होना बहुत आवश्यक है कि वह पर्यावरण के परस्पर जुड़े तत्वों के साथ सामंजस्य रखकर ही जीवित रह सकता है। इसके अतिरिक्त अपने जीवित रहने के लिए उसे यह भी जानना जरूरी है कि पर्यावरण के घटक कौन से हैं, पर्यावरण में कैसी प्रक्रियाएँ चलती रहती हैं और पर्यावरण के विभिन्न जैव एवं अजैव घटकों का एक दूसरे से क्या सम्बंध है। पर्यावरण की समस्याओं को जानकर ही उनके समाधान के लिए मनुष्य उपयुक्त उपाय कर सकेगा। तथा अपनी पृथ्वी को भावी पीढ़ियों के निवास योग्य बनाए रख सकेगा।

SECTION - III
HINDI

कभी-कभी

सरप्रीत सिंह "प्ररत्न", सेक्शन - बी

कभी अपनी हंसी पर भी आता है गुस्सा
कभी सारे जग को हसाने को जी चाहता है।

कभी रोता नहीं मन किसी की मौत पर भी,
कभी यूँ ही आंसू बहाने को जी चाहता है।

कभी अच्छा लगता है आकाश में आजाद उड़ना,
कभी किसी बन्धन में बन्ध जाने को जी चाहता है।

कभी अजनबी सी न जाने क्यों लगती है जिन्दगी
कभी मुझ पर ही हँसती सी क्यों लगती है जिन्दगी।

कभी अपने भी लगते हैं बेगाने से,
कभी बेगानों को भी अपना बनाने को जी चाहता है।

कभी सारी दुनिया का साथ लगता है प्यारा,
कभी खुद को भी भूल जाने को जी चाहता है।

कभी माँगता हूँ ऊपर वाले से एक और नया जीवन,
तो कभी इस जीवन से भी दूर जाने को जी चाहता है।

आत्मचिंतन

डा. संगीता तिवक्

जिस की कोख से जन्म लिया है

उस नारी का कोई मान नहीं।

पाठ-पढ़ाते (सदाशयता का)

मां का कोई सम्मान नहीं।

जननी-जन्मभूमि का जो रखते नहीं मान

यह उनका ही नहीं, समाज का अपमान।

परिवार ही जिसका धर्म है, त्याग की मूर्ति

उस देव तुल्य नारी का यहां कोई सम्मान नहीं,

जिस की कोख से.....

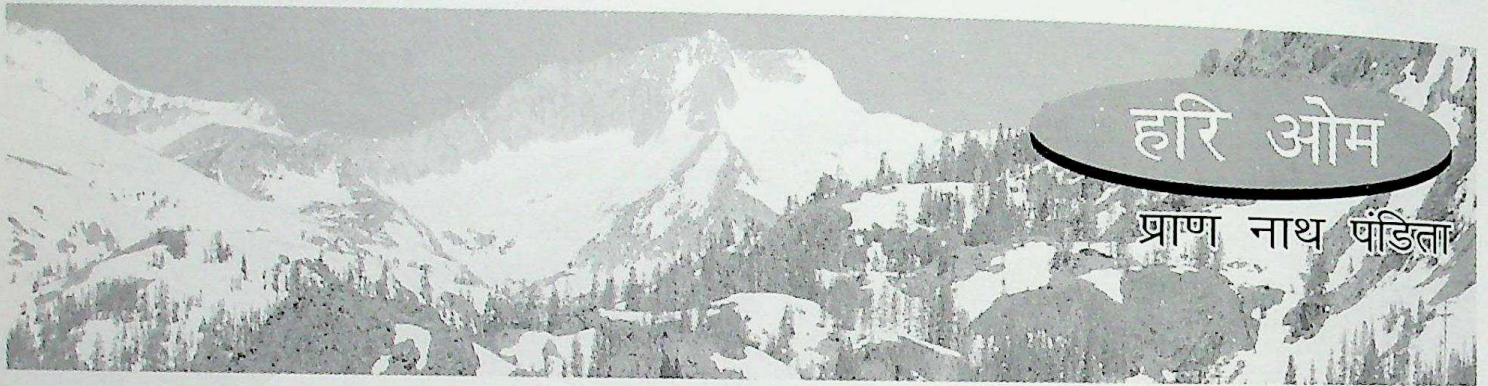
जीवन में जो कर्म है निभाती जाना

हर कदम पर दुश्वारियों को मिटाती जाना

एक दिन चढ़ेगा सूर्य, दुखों का होगा अंत

कह दो उनको, जिन्हे नारी का ध्यान नहीं।

जिस की कोख से



भगवत्कृपा से कठिनाइयों का अंत

भगवान के कृपा-बल से जीवन की सारी कठिनाइयाँ वैसे ही दूर हो जाती हैं, जैसे सूर्य के प्रकाश से अंधकार। सारी कठिनाइयाँ मन में होती है।

भगवान के कृपा-बल से मन की यह भ्रांति मिट जाती है मलिन मन धुल जाता है। फिर किसी कठिनाई की कल्पना भी नहीं रहती सर्वत्र-सर्वदा सरलता के साथ सदा आनंदमयी प्रभु कृपा की झाँकी होती रहती है। फिर जीवन-मरण, संयोग-वियोग, लाभ-हानि मान-अपमान, स्तुति-निंदा, जय-पराजय का कोई भी द्वंद्वकिसी प्रकार का उपसर नहीं करता, सभी कृपामय की कृपा-लीला के मधुर दृश्य बन जाते हैं।

जब तक तुम अपने को भाग्यहीन, दुर्दशाग्रस्त, दुःखी, निराश्रय, निराश, असहाय मानते हो, तब तक तुमने भगवान के परमकृपा-बल को नहीं अपनाया है। भगवान के कृपाबल का आश्रय लेते ही भग्य चमक उठता है, दुख के बादल तितर-बितर हो जाते हैं, परम आश्रय पाकर चित्त उल्लसित हो उठता है 'निराश और असहाय' मानने की वृत्ति ही नष्ट हो जाती है। जिसको भगवत् कृपा का आश्रय हो, उसमें निराश और असहायता की भावना क्यों रहने लगी ?

तुम भगवान के कृपापात्र हो, स्नेहपात्र हो, अपने हो, प्यारे हो। जगत में चाहे तुम दीन, दुःखी, घृणित, अपमानित, अपेक्षित, विषय-पदार्थ हीन, मलिन कुछ भी माने जाते हो, कैसे भी दिखते हो-भगवान की आत्मीयता, उनका प्यार किसी अवस्था में जरा भी कम नहीं होता। सर्वभूत-सुहृद् भगवान का स्वभाव बदले तब कहीं उसमें कमी की शंका हो।

नित्य सम-एकरस भगवान का सर्वभूत-सौहार्द भी नित्य है क्योंकि वह उनका स्वभाव है। फिर तुम जो सर्वशक्तिमान, सर्वलोक-महेश्वर, सर्वज्ञ के सर्वथा और सर्वदा प्रीतिभोजन प्रिय होने पर भी अपने को दीन-हीन, भाग्यहीन मानते हो, इसीसे तुम दीन-दुखी रहते हो। अपनी इस झूठी मान्यता को छोड़ दो। भगवान के अनुग्रह का, उनके सौहार्द का, उनकी प्रीति का अनुभव करो और उनके कृपा-बल को अपनी

सम्पत्ति मानकर, उसपर अपनाहक मानकर उससे सम्पन्न हो जाओ।

जगत के यह सारे दुख-कलेश, सारे अभाव-अभियोग, सारे शोक-विषाद तभी तक हैं, जब तक तुम्हें भगवान की कृपाके दर्शन नहीं हुए। जिस क्षण भगवत्कृपा की झाँकी तुम्हारे मन ने की, उसी क्षण भगवत्कृपा का परम बल तुम्हारा सारा अभाव मिटा देगा। अभाव की वृत्ति मन से पैदा होती है और जिस वस्तु का यथार्थ में अभाव है उसकी प्राप्ति की कल्पना से अभाव की वृत्ति शांत नहीं होती, इसी से प्रत्येक विषय लाभ अभाव की वृत्ति शांत नहीं होती, इसी से प्रत्येक विषय लाभ अभाव की अभिवृद्धि करने वाला होता है। अभाव का नाश तो जो भाववाली हैं सदा है, सदा रहेगी, उस सच्ची वस्तु की प्राप्ति से होगा और वह सच्ची वस्तु है- नित्य सत्य भगवान।

ये नित्य सत्य भगवान ही आनंददाता हैं आनंद के केन्द्र हैं आनंदमय हैं। इन भगवान की प्राप्ति होती है इनकी महती कृपा से और वह कृपा सदा सबके अधिकार की वस्तु है क्योंकि भगवान स्वभाव से ही सर्वसुहृद हैं। तुम यदि उसको दुर्लभ, अपने अधिकार से परे की वस्तु मानोगे, तब तो तुम उससे वंचित ही रहोगे, पर उसे अपने अधिकार की मानते ही तुम्हारा उसपर अधिकार हो जायेगा और वह तुम्हारे सारे दुःख-कलेशों को मिटाकर हृदय में परम शांति के सुखद अनन्त सागर को लहरादेगी।

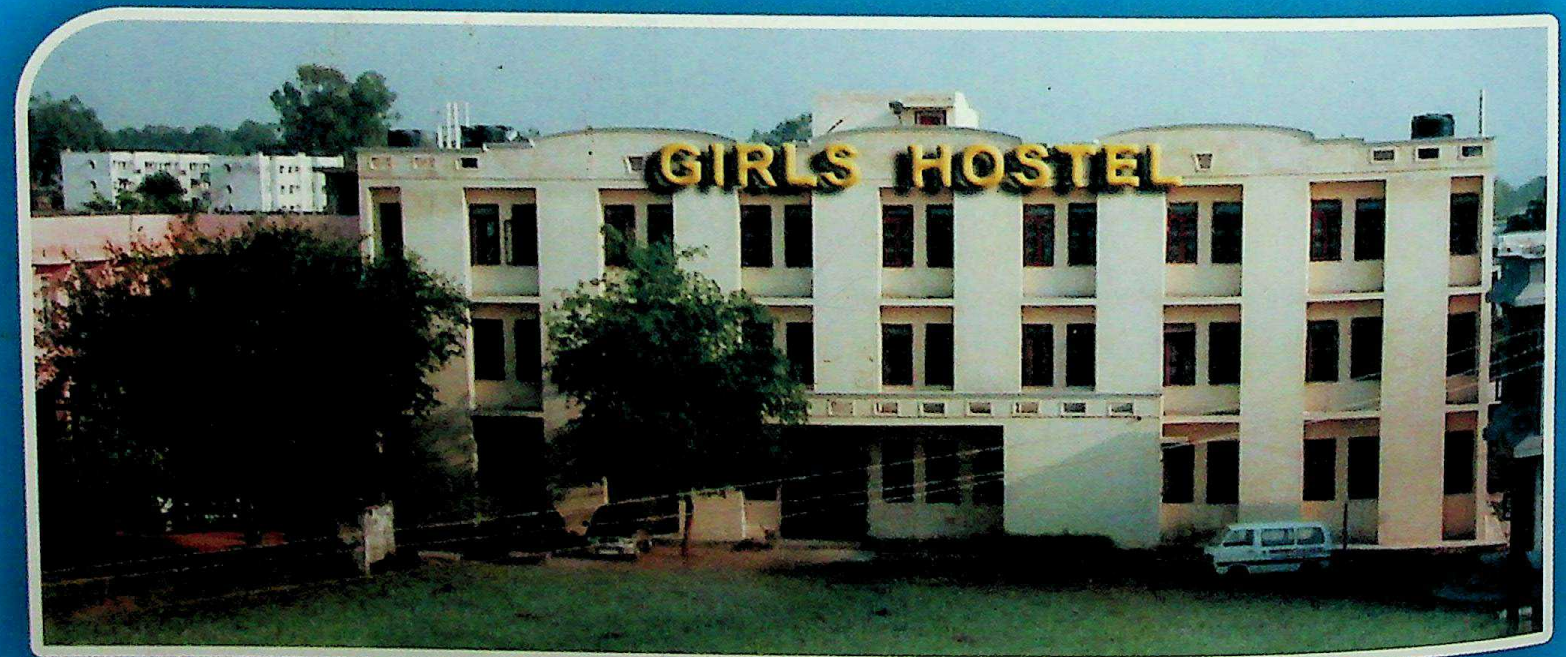
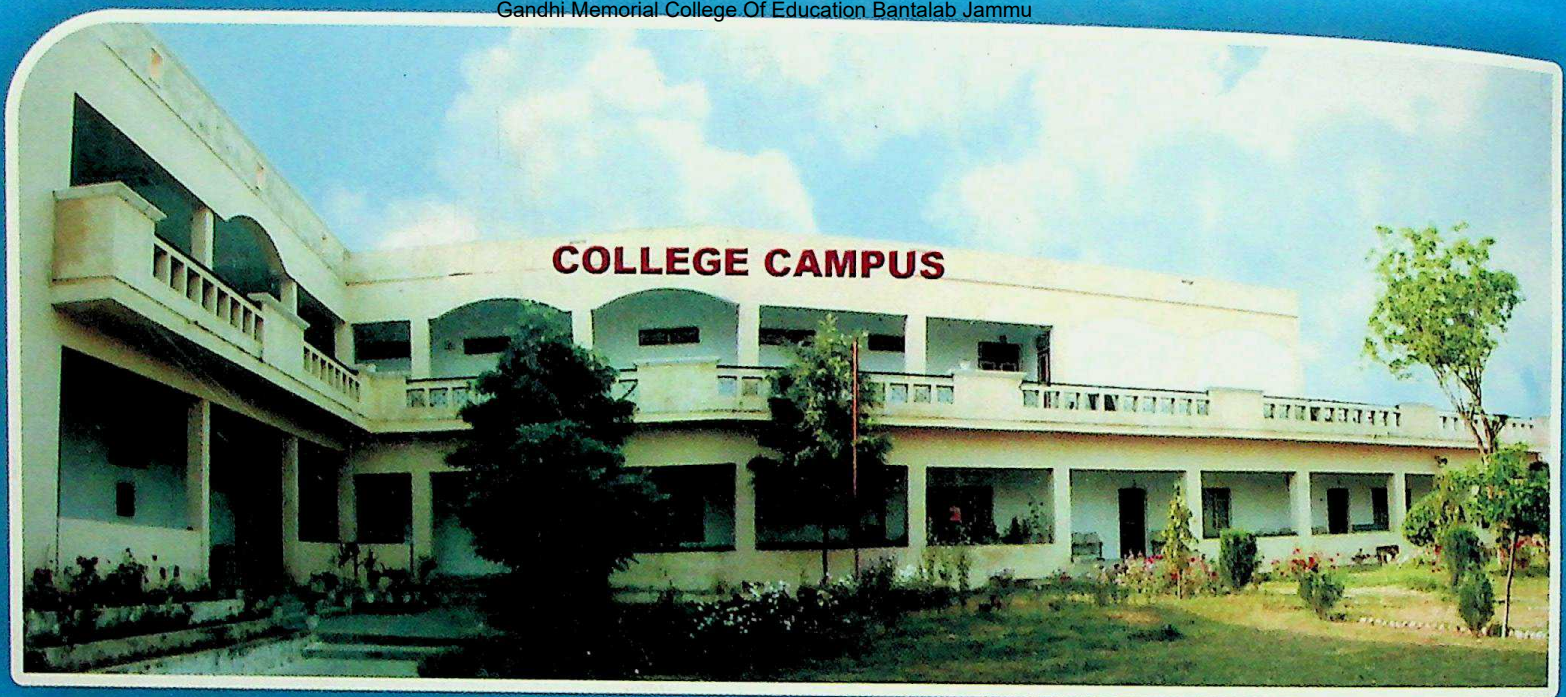
भगवान के कृपा-बल का आश्रय लेते ही भाग्य चमक उठता है, दुःख के बादल तितर-बितर हो जाते हैं तथा निराश और असहाय' मानने की वृत्ति ही नष्ट हो जाती है।

Don't Quit

When things go wrong, As they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit
Rest if you must, but don't you quit.
Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out.
Don't give up though the pace seems slow
You may succeed with another blow.
Success is failure turned inside out
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit
It's when things seem worst that you mustn't quit.



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meet
in the
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